12th Annual
STOMP ON STIGMA 5K

MARK YOUR CALENDARS, MAY 4, 2024!

8:30am Registration and 10:00am Race Start

Join us at YANMAR ARENA (IRA Civic Center) in Grand Rapids, MN

Beneficiaries include: National Alliance on Mental Illness, Community Cafe, Boys & Girls Club of GR/GREENWAY, Foster Love Closet, Itasca Life Options and MN North Student Psychology Scholarship.

MENTAL HEALTH MATTERS

parents | communities | schools CMHS Children's Mental Health Services

Registration:
$25 registration 10 years old and up
Children 9 years old and under FREE

T-Shirts are guaranteed for the first 200 registered participants.

Prize drawings and Bike Give-a-way!

Email: stomponstigma@cmhsreach.org

If you would rather participate virtually you will be eligible to enter in our prize drawings! Registration is the same process just mark the "VIRTUAL" box.

By signing below, I acknowledge that my participation in the 5k Run /Walk involves a risk of injury and assume the risk for same. On my own behalf, behalf of my heirs and to the fullest extent permitted by law, I hereby release and discharge Stomp on Stigma/CMHS of any and all liability for injury, death and/or any other claims incurred by me with any aspect of the 5k run and walk.

Mail form and entry fee to:

Stomp on Stigma
35382 US HWY 2 West
Grand Rapids, MN 55744

Credit Card Payment Info:

_____
Card Number

_____
Exp. Date and Sec. Code

_____
Name on Card (please sign)

☐ **I give my permission to use any pictures taken of me for future events.**

☐ **VIRTUAL** ☐ **IN PERSON**

_____
Name

_____
Address

_____
Phone

_____
Age

T-shirt Size: S M L XL 2XL
Circle: YOUTH ADULT

_____
Signature Date

_____
Signature of parent or guardian if under 18 years of age Date

Paid: Y N
Cash: _____
Check: _____
CC: _____