

Come join us for the 10th Annual VIRTUAL STOMP ON STIGMA 5K



During trying times and uncertainties put in front of us the last two years with COVID19 we will be celebrating mental health awareness month with you virtually throughout the month of May 2022 to bring awareness to mental health in our community!!

Beneficiaries include: National Alliance on Mental Illness, Lords Army Youth Group/Camp Ruby, ICC Psychology student scholarship, Grand Rapids Yellow Ribbon Citizens Committee and Hope House/Pear Lake Women's Program.



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 will be held throughout the month of May!!

Email: stomponstigma@cmhsreach.org

MONTH OF MAY 2022

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

I give my permission to use any pictures
taken of me for future event advertisements.



_____ Name

_____ Address

_____ Phone

Credit Card Payment Info:

Card Number

Exp. Date and Sec. Code

Name on Card (please sign)

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:	_____	