

11th Annual STOMP ON STIGMA 5K

We are **EXCITED** to announce Stomp on Stigma is back **"IN PERSON"** May 6th, 2023.

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

Join us at Tioga Beach on the beautiful shore of Pokegama Lake.

Beneficiaries include: National Alliance on Mental Illness, Grace House, Cooperative Solutions, YMCA-Youth Program, TAPP Program and New Leaf.



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

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

VIRTUAL

IN PERSON

Credit Card Payment Info:

Card Number

Exp. Date and Sec. Code

Name on Card (please sign)

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: _____