



GLACIAL RIDGE  
HEALTH SYSTEM  
heartfelt care®



# 5K SCRUB RUN – Fun Run/Walk

## Entry Form

Inspired by Dr. Mark Johnson to encourage everyone to get active and stay active.

**Saturday, August 25, 2018 at Lakeside Ballroom | 5K starts at 9 am**

**On-site Registration and T-shirt Pick-up –**

Friday, August 24 at Glenwood Welcome Center – 4:00-7:00 pm

Saturday, August 25 at City Park – 7:45-8:30 am

**5K Start: 9:00 am** (The route begins and ends at the Lakeside Ballroom parking lot)

**ENTRY FEE – Proceeds from the race will be donated to the American Cancer Society.**

**INDIVIDUAL RATES:**

Through July 15 - \$15 for 13 and over, \$10 for 12 and under

July 15 – August 24 - \$20 for 13 and over, \$15 for 12 and under

August 25 (same day) - \$25 for 13 and over, \$20 for 12 and under



Total Amount Enclosed \$ \_\_\_\_\_

**Make checks payable to “GRHS”. Drop off at the reception desk or mail a check with this completed form to:**  
Glacial Ridge Health System, Attn: Scrub Run, 10 Fourth Avenue SE, Glenwood, MN 56334

Please Note: Online registration is available. Go to [glacialridge.org/scrubrun](http://glacialridge.org/scrubrun) to register, and for important race-day information.

**Please Print Clearly. Add additional family members on the back side of the sheet.**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Birthday (MM/DD/YYYY) \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Gender \_\_\_\_\_

T-shirt (circle one) YOUTH: S M L ADULT: S M L XL 2XL 3XL Shirts are not guaranteed after 8/15

Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

(Cannot be a participant in the race)

How I heard about the 2018 Scrub Run \_\_\_\_\_

**continued on back**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

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**Purchase a Scrub Run T-shirt Only - \$12.00 each**

T-shirt (circle one) YOUTH: S M L ADULT: S M L XL 2XL 3XL Shirts are not guaranteed after 8/15

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**WAIVER:** I have submitted my entry for participation in the 5K Scrub Run/Walk. I know that running is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I understand that if I do not abide by that decision the consequences may include, but are not limited to, barring me from entry in future Scrub Run 5K races. I assume all risks associated with participating in this event including, but not limited to: injury; falls; contact with other participant; the effects of weather, including precipitation, as well as extreme cold and hot temperatures; traffic and the conditions of the road and trail; all such risks being known and appreciated by me.

Having read this waiver and knowing these facts and in consideration of your accepting my entry into this race, I, for myself and anyone entitled to act on my behalf, waive and release the Glacial Ridge Health System, staff, and all other sponsors and representatives from all claims or liabilities of an kind arising out of my participation in this event, though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I permit my photograph or likeness to be used for any legitimate purpose for publicity, illustration, advertising, and web content.

Adult 1 Signature \_\_\_\_\_ Date \_\_\_\_\_

Adult 2 Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent/guardian for child(ren) under 18 \_\_\_\_\_ Date \_\_\_\_\_



Go to [glacialridge.org/scrubrun](http://glacialridge.org/scrubrun) for more information.  
Everyone is encouraged to run in scrubs.

