

The Arc Midstate 5th Annual Freaky 5K

Saturday, October 29, 2016

A Halloween themed family friendly event for all ages and abilities!

9:00 am 1 Mile Run/Walk
9:30 am 5K Run/Walk (timed)
10:15 am Kids Fun Run
(approximately)

Awards for the top male and top female finisher, and best adult and kid's costume!



The purpose of this event is for Arc Midstate to raise funds enabling us to continue our services to children and adults with developmental disabilities, such as **Down syndrome, Autism, Asperger's, Spina Bifida, Fragile X**, and other developmental disabilities, and their families.
All funds raised stay local!

Registration opens **INSIDE** the Sartell Middle School at **8:00 a.m.**
Same-Day Registration Closes at 8:45 a.m.
No pets, please.

Registration Form

One form per participant

Name _____ Event _____ Age on 10/29/16 _____ Please circle: Male Female
Address _____ City _____ Zip Code _____

Phone _____ Email Address _____ (no spamming, we promise!)

Shirt Size: Adult: S M L XL **OR** Child: S (4-6) M (8-10) L (12-14)

Shirts are NOT guaranteed after the 9-30-16 registration deadline.

WAIVER: I acknowledge and agree to be bound by the following: I understand that participation in any running activity involves risks of serious injury, including permanent disability, death and other losses, both to me and my property. I am aware of the risks and am willing to assume them, I hereby waive, release and hold harmless the race directors, volunteers of Arc Midstate, and all other sponsors, from all claims by me for any liability injury, loss or damage in any way connected with my participation in the activity. I intend for this waiver and release to also apply to any relatives, personal representatives, heirs, beneficiaries, next of kin, or assigns who might consider any legal action or claim on my behalf I currently have, and agree to maintain throughout the time that I participate valid and sufficient medical and accident insurance understand that this is my sole responsibility and release all persons and entities from providing this coverage for me. I also understand & agree that any sponsor may subsequently use for publicity and/or promotional purposes my name and/or photograph, videotapes, motion pictures and recordings of me participating in this event without obligation of liability to me. I also understand that the entry fee is non-refundable. I HAVE READ THIS WAIVER AND RELEASE CAREFULLY, AND HAVING DONE SO, I AM SIGNING IT VOLUNTARILY.

Signature Required by ALL Participants.

(By parent or guardian if participant is under 18) _____

\$ _____ Total Amount Due

____ Check Enclosed **OR** Complete information below

Circle one: Visa/MasterCard/Discover

Card # _____ Sec. # _____

Exp. Date _____ Billing Zip Code _____

Mail Registration Form to: Arc Midstate PO Box 251 St. Cloud, MN 56302

Signature _____

CHECKS PAYABLE TO: Arc Midstate

Wear your favorite costume when you run/walk this Halloween-themed event!

Event	Price Thru 9/30	Price AFTER 9/30
1 Mile	\$10	\$15
Kids Fun Run	\$10	\$15
5K	\$20	\$25
*Self Advocate fee: \$10		

2015 Sponsors

Arise Home Health Care
Auto Value Parts Stores
Gold'n Plump
Optimist International
Quality Care Services
Quantum Chiropractic
Scheels All Sports
St. Cloud Morning Optimists

The mission of Arc Midstate is to provide advocacy and support for people with developmental disabilities and their families. Arc Midstate serves individuals in Stearns, Benton, Morrison, and Todd Counties.



Online registration:

www.arcmidstate.org/freaky-5k/freaky-5k-online-registration/

OR

Mail registration forms with payments to:

Arc Midstate
PO Box 251
St. Cloud, MN 56302

Questions? More Information?

(320) 251-7272 or
Info@arcmidstate.org
www.arcmidstate.org



PO Box 251
St. Cloud, MN 56302
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Online registration available!

www.arcmidstate.org/freaky-5k/freaky-5k-online-registration/

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Freaky 5k



Saturday, October 29, 2016 9:00 am

Sartell Middle School - 627 3rd Ave N - Sartell, MN 56377

