



GLACIAL RIDGE
HEALTH SYSTEM
heartfelt care®

5K SCRUB RUN Entry Form

The Scrub Run was inspired by Dr. Mark Johnson to stay inspired to get active and stay active.

Saturday, June 10, 2023 at City Park | 9 am

Registration and Shirt Pick-up –

Friday, June 9 at Glenwood Chamber & Welcome Center 4 - 6 pm

Saturday, June 10 at City Park – 7:45 - 8:30 am

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

INDIVIDUAL RATE INCLUDES a T-SHIRT -or- ROCKER STYLE TANK TOP

Shirts are not guaranteed after May 25*. The rate increases \$5/person the day of the race.

Rate through Friday, June 9 \$25 for 16 and over
\$20 for 15 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

Or go to **glacialridge.org/scrubrun** to register online and get your race-day information.

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

First Name _____ Last Name _____

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

CIRCLE ONE: T-shirt ADULT: S M L XL 2XL 3XL YOUTH: S M L XL

 or Rocker Tank Top LADIES: S M L XL

Shirts are not guaranteed after May 25*

*NOTE: Due to ongoing supply chain issues, shirts are subject to availability and may be substituted for a similar brand, style, or color. Thank you for understanding.

Phone _____ - _____ - _____ Email _____

Address _____

City _____ State _____ Zip _____

Emergency Contact _____ Phone _____ - _____ - _____

(Not a participant in the race)

How I heard about the 2023 Scrub Run _____

continued on back

First Name _____ Last Name _____

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

Email _____

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CIRCLE ONE: T-shirt ADULT: S M L XL 2XL 3XL YOUTH: S M L XL

or Rocker Tank Top LADIES: S M L XL

Shirts are not guaranteed after May 25 *

Order a Scrub Run T-shirt Only - \$18.00 each

T-shirt (circle one) YOUTH: S M L ADULT: S M L XL 2XL 3XL Shirts are not guaranteed after 5/25*

Order a Scrub Run Rocker Tank Top Only - \$18.00 each

Racerback Tank (circle one) LADIES: S M L XL Shirts are not guaranteed after 5/25*

Total Amount Enclosed for Extra Shirts \$ _____

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 assume all risks associated with participating in this event include, but are not limited to: injury; falls; contact with another 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 any 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 _____

