

Saturday, September 28th

8:00 a.m. Registration

9:00 Runners Start

9:00 Walkers Start

Prizes to Follow

*** Event will be timed for runners***

A 5k event that follows the Osaugie Trail and is open to walkers and runners of all ages and abilities. Entry fee or minimum pledge of \$25.

Start a team or sign up as an individual!

Fill out this brochure to track pledges and register. Teams are limited to 5 members. If you plan to start a team, please give everyone an extra brochure (photocopies accepted).

Fundraising Rewards:

- * Long-sleeved event tee for individuals who raise \$25 or more
- * Prize for the top individual with the most money collected
- * Prize for the top team with the most money collected
- * Prize for the first place female and male runner
- * Participants are not eligible for both individual and team prize

Directions to the 2013 Walk/Run

Barker's Island is located along the harbor on Hwy. 53 in Superior. From Duluth, take the Blatnik Bridge (Hwy 53/535) and follow 53. Take a left onto Barker's Island and look for Walk/Run signs. Registration will be at the Charter Fishing Dock parking lot.

CASDA 2013 Walk/Run to End Abuse

Registration Form

Please PRINT clearly.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Day Phone: _____ Evening Phone: _____

Email: _____

Team Name (if applicable): _____

Team Captain: _____

My employer has a matching gift program: Yes No
Employer: _____

I am unable to participate in the Walk/Run, but enclosed is my donation of \$_____.

Waiver and Release of Liability:

I hereby waive all claims against CASDA, sponsors or any personnel for any injury I might suffer in this event. I attest that I am physically fit and prepared for this event. I grant full permission for organizers to use photographs of me and/or my child(ren) and quotations from me in legitimate accounts and promotions of this event.

Signature

Date

(parent/guardian's signature if participant is under 18)

Contribution Form

Please make all checks payable to CASDA.
Use additional forms if needed.

Sponsor's Name	Amount Given
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	
Employer Match (if applicable)	\$
Total	\$

Please mail or drop off this form and collected donations in a sealed envelope to the CASDA Office at 318 21st Ave. East from 8 a.m. - 4 p.m. Registration may also be turned in at the event.