

Join in this charitable holiday kick-off event



Register Now
for the
18th Annual **Jingle Bell 5K Run/Walk**
and **Kids 1K Fun Run**

Benefiting the area's Marine Corps Toys for Tots

SATURDAY, NOVEMBER 21, 2015

Kids 1K Fun Run for the Whole Family // Real-time Race Results // Certified Course

Schedule of Events:

- 8:30 am Kids 1K Fun Run
- 9:00 am 5k Run/Walk
- 10:00 am Prize Ceremony
- Check in starts at 8:00 a.m. inside on race day, or the night before from 5:30-8:00 p.m.

St. Cloud Orthopedics
1901 Connecticut Ave South
Sartell, MN 56377
StCloudOrthopedics.com

Registration Fees & Dates:
Includes Jingle Bells for shoes and T-shirt!

Now through November 8th

*With Toy Donation: \$22
Without Toy Donation: \$32

After November 8th or on Race Day:

*With Toy Donation: \$32
Without Toy Donation: \$42

Kids 1k Fun Run \$15

T-shirt Information:

- Long-sleeved dri-fit T-shirts
- To ensure receiving a tee, be sure to **register early**, and complete your form by **November 8th, 2015**

QUESTIONS?

Contact Shelley Gerads at
St. Cloud Orthopedics, 320-202-5525
or sgerads@stcloudorthopedics.com

*Toys and gift donations must be new and unwrapped for kids ages 0-18.



REGISTER ONLINE TODAY!

Visit <http://jinglebellrun.itsyourrace.com>

Or, complete the form provided on the back of this flyer and drop off at St. Cloud Orthopedics.

REMEMBER: Take advantage of early registration through **NOVEMBER 8TH!**

REGISTRATION FORM:

Please fill out completely, and return to St. Cloud Orthopedics.

*T-shirt availability can not be ensured for registration after November 8th.

By November 8, 2015: \$22 with toy donation; \$32 without toy donation

After* November 8, 2015: \$32 with toy donation; \$42 without toy donation

Kids 1K Fun Run \$15 **Or, complete the online registration form at <http://jinglebellrun.itsyourrace.com>**

Questions? Contact Shelley at St. Cloud Orthopedics, 320-202-5525 or sgerads@stcloudorthopedics.com.

Please make checks payable to Jingle Bell 5K

Name: _____ Email: _____

Full Address: _____

Phone Number: _____ D.O.B: _____ Age: _____

Waiver: In consideration of the acceptance of my entry, I, the undersigned, intending to be legally bound for myself, my heirs, executors, and administrators do hereby release any and all sponsors of this walk or run, and their representatives, successors and assign from any and all liability arising from illness and/or injuries I may suffer as a result of my participation in this walk or run. I attest and verify that I am physically fit for the completion of this walk or run. I have read the foregoing and certify my agreement by signature following. **All participants must sign** on the line below. If you are under 18, please have your parent or guardian sign this waiver.

Signature: _____ Date: _____

(Please circle answers)

5K Runner or Walker // Male or Female // Shirt size: XS, S, M, L, XL, 2XL, 3XL, 4XL Kids sizes 4, 6/8, 10/12, 14/16, 18/20
Age categories for runners 9/under, 10-12, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, over 70

Kids 1K Fun Run // Male or Female // Shirt size: XS, S, M, L, XL, 2XL, 3XL, 4XL Kids sizes 4, 6/8, 10/12, 14/16, 18/20

____ I am not running or walking, I just want to buy a shirt (\$17.00)

Will bring toy on 11/22 ____ Dropped off toy at St. Cloud Orthopedics ____

StCloudOrthopedics.com

Adult Sport-Tek® Long Sleeve PosiCharge™ Competitor™ Tee	XS	S	M	L	XL	2XL	3XL	4XL
Chest	32-34	35-37	38-40	41-43	44-46	47-49	50-53	54-57

Youth Sport-Tek® Long Sleeve PosiCharge™ Competitor™ Tee	XS	S	M	L	XL
Size	4	6/8	10/12	14/16	18/20
Chest	25-26	26-28	28-30	30-32	32-35

DUE TO PROVIDING A SHIRT SIZING CHART THIS YEAR THERE WILL BE NO EXCHANGES.

St. Cloud Orthopedics

1901 Connecticut Ave South | Sartell, MN 56377

StCloudOrthopedics.com

THANKS TO OUR MAJOR SPONSORS:



CENTRACARE
 **St. Cloud Hospital**
 Bone & Joint Center

BLEND 
 funded by
 CENTRACARE Health Foundation

AGENCY 128

