

Join the Jingle Bell Tradition



# JINGLE BELL 5K

Register Now  
for the  
20<sup>th</sup> Annual Jingle Bell 5K Run/Walk  
and 1K Family Fun Run for all-ages

Benefiting the area's Marine Corps Toys for Tots

**SATURDAY, NOVEMBER 18, 2017**

Schedule of Events:

- 8:45 a.m. 1K Family Fun Run
- 9:00 a.m. 5k Run/Walk
- 10:00 a.m. Awards Ceremony
- Due to clinic hours, registration will run between 5:30-7:30 p.m. the night before, and start again at 7:30 a.m. on race day.

**St. Cloud Orthopedics**

1901 Connecticut Ave South  
Sartell, MN 56377  
StCloudOrthopedics.com

**Registration Fees & Dates:**

*Includes Jingle Bells for shoes and Shirt!*

**Now through November 6<sup>th</sup>**

\*With Toy Donation: \$25  
Without Toy Donation: \$35

**After November 6<sup>th</sup> or on Race Day**

\*With Toy Donation: \$35  
Without Toy Donation: \$45

**1K Family Fun Run**

\*Ages 11 and under with or without Toy Donation: \$15  
Ages 12 and over with or without Toy Donation: \$25

Adult shirt Information:

- Quarter-Zip Long-sleeved dri fit shirt

Children's shirt Information:

- Long sleeved dri fit shirt

To ensure receiving a tee, be sure to **register early**, and complete your form by **November 6<sup>th</sup>, 2017**

QUESTIONS?

Contact Shelley Gerads at St. Cloud Orthopedics, 320-202-5525 or [jinglebellrun@stcloudorthopedics.com](mailto:jinglebellrun@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 6<sup>TH</sup>!**

**REGISTRATION FORM:**

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

*\*To ensure receiving a shirt please be sure to register early, and complete your form by November 6th*

By November 6, 2017: \$25 with toy donation; \$35 without toy donation

After November 6, 2017: \$35 with toy donation; \$45 without toy donation

1K Family Fun Run: Ages 11 and under with or without a toy donation \$15; Ages 12 and over with or without toy donation \$25

Or, complete the online registration form at <http://jinglebellrun.itsyourrace.com>

**Questions?** Contact Shelley at St. Cloud Orthopedics, 320-202-5525 or [jinglebellrun@stcloudorthopedics.com](mailto:jinglebellrun@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 19/under, 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 (\$20.00)

Will bring toy on 11/18 \_\_\_\_ Dropped off toy at St. Cloud Orthopedics \_\_\_\_

**StCloudOrthopedics.com**

Sport-Tek® PosiCharge® Electric Heather Colorblock ¼-Zip Pullover	XS	S	M	L	XL	2XL	3XL	4XL
Chest	19	20 ½	22	23 ½	25	26 ½	28 ½	30 ½
Body Length at Back	27	28	29	30	31	32	32 ½	33
Sleeve Length	34 ¾	35 ½	36 ¼	37	37 ¾	38 ½	29 ¼	40

CHEST: Measured across the chest one inch below armhole when laid flat. BODY LENGTH AT BACK: Measured from high point shoulder to finished hem at back.

SLEEVE LENGTH: Start at center of neck and measure down shoulder, down sleeve to hem.

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



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Sartell, MN 56377

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**THANKS TO OUR MAJOR SPONSORS:**

