

MONSTER DASH

5K RUN/WALK

SATURDAY, OCTOBER 20, 2018

10AM 5K RUN/WALK RACE, 11AM KIDS RACE

**ALL PROCEEDS GO TO
CUMBERLAND MENTAL HEALTH CARE UNIT**

Fees: \$20 Includes T-Shirt

KIDS ARE FREE

No Guarantee of T-Shirt if registration is after
October 8, 2018

No Refunds/Transfers

Make checks payable to:

CMPD Mental Health Care Unit
c/o Paula Bergfeld
11435 Autumn Ridge Lane, Indpls. IN 46239

DOGS ARE WELCOME

Participants are welcome to run/walk with their
pets ~ must be on a leash.

PLEASE CLEAN UP AFTER YOUR DOG

Course Information

The 5k run/walk will be on the **Pennsy Trail**.
Start/Finish will be by the Street & Parks
Building behind the Cumberland Town Hall

Registration Information

Race Day Registration/Packet Pick-Up

Saturday, October 20th – 9am-10am
Behind the Cumberland Town Hall Building.
Near the Street & Parks Building
11501 E Washington Street

Parking: Meijer Parking lot or Saturn Street

Contact Information: Paula Bergfeld
317-289-3220/PaulaBergfeld@gmail.com

WELLNESS VENDORS

KIDS ACTIVITIES

COSTUME CONTEST

TRUNK~OR~TREAT

SILENT AUCTION

NAME

TELEPHONE

STREET ADDRESS

EMAIL ADDRESS

CITY/STATE/ZIP

GENDER

DATE OF BIRTH

ADULT T-SHIRT – PLEASE ENTER SIZE: S_M_L_XL_XXL_3XL

Signature

Date

Parent/Guardian Signature (if under 18)

Date

Release and Waiver: In consideration of my entry, I, intending to be legally bound for myself, my heirs, executors, administrators, and assignees, waive, release, and forever discharge any and all rights and claims which may hereafter accrue to me against the Town of Cumberland, the Cumberland Police Department, Meijer, and all other sponsors, officials, volunteers for any and all accidents or injuries incurred by me or during this event. I further state I have trained adequately and am in suitable condition to participate in this event.