

14th Annual STOMP ON STIGMA 5K

MARK YOUR CALENDARS, MAY 2, 2026!

8:30am Registration and 10:00am Race Start
Join us at YANMAR ARENA in Grand Rapids, MN

Beneficiaries include: National Alliance on Mental Illness, Kiesler, MN North Psychology Student Scholarship, Community Café and Free at Last Program.

MENTAL HEALTH
MATTERS



Registration:

\$25 registration 10 years old and up
Children 9 years old and under FREE

T-Shirts are guaranteed for the first 150
registered participants.

Prize drawings and Bike Give-a-way!

Email: stomponstigma@cmhsreach.org

If you would rather participate virtually you will be eligible to enter in our prize drawings! Registration is the same process just mark the "VIRTUAL" box.

By signing below, I acknowledge that my participation in the 5k Run /Walk involves a risk of injury and assume the risk for same. On my own behalf, behalf of my heirs and to the fullest extent permitted by law, I hereby release and discharge Stomp on Stigma/CMHS of any and all liability for injury, death and/or any other claims incurred by me with any aspect of the 5k run and walk.

Mail form and entry fee to:

Stomp on Stigma
35382 US HWY 2 West
Grand Rapids, MN 55744

Credit Card Payment Info:

Card Number

Exp. Date and Sec. Code

Name on Card (please sign)

☐

I give my permission to use any pictures taken of me for future events.

☐

VIRTUAL

☐

IN PERSON

Name

Address

Phone

Age

T-shirt Size: S M L XL 2XL
Circle: YOUTH ADULT

Signature

Date

Signature of parent or guardian if under 18 years of age

Date

Paid: Y N

Cash: _____

Check: _____

CC: _____