

Hoffnung läuft
(Hope Run)

5k Family Fun Run/Walk
Saturday, September 29th at 9:00
Riverside Arena, Moose Lake MN

Our fun run is open to runners and walkers of all ages and skill levels. There will be a 5k run/walk (3.1 miles) on the Munger Trail . T-shirts will be given out to all participants.

Proceeds will benefit Children's Grief Connection which serves families who are devastated by the death of a loved one. Families who struggle with feelings of fear, regret and disconnection. Their isolation is broken by joining with other traumatized families who are experiencing the same heartache. Together in the safe and compassionate setting of Hearts of Hope Family Grief Camps, families make deep connections that provide support and understanding. Isolation is replaced with connection.

Entry Fee:

- \$20/person if received by September 15th. \$25/person after September 15th
- Family maximum of \$50 for family of 4 + \$10 each additional runner or \$60 after September 15th + \$10 each additional runner.
- Race day registration and check-in will be from 8:00-8:45 am .
- One registration form per family

Return completed form and fee to;

Northern Minnesota Eye Care, 312 Elm Avenue, Moose Lake MN 55767

Checks payable to Children's Grief Connection-memo 5K

Questions? Call Sasha Narayan 773-495-9669

T-shirt sizes available YXS, YS, YM, YL, AS, AM, AL, AXL, AXXL)

Name	Age on Race Day	Shirt Size

"I hereby voluntarily assume the risk of possible accident or injury associated with the Octoberfest 5K. I hereby waive any claim I may have arising from my participation in this event, and release all event sponsors, volunteers, and organizers from any potential liability. I certify that I am physically fit for this event and that I have trained for this event."

Signature: _____
(participant)

Signature: _____
(parent or guardian if under 18 yrs)