

**RUN FOR THE GOLD 5K  
SUPPORT THE COURAGE COTTAGE  
ON ST. PATRICK'S DAY**



**What: RUN FOR THE GOLD 5K – ST. PATRICK'S DAY**

**When: Saturday, MARCH 17<sup>TH</sup>, 2012 @ 9:00 a.m.  
Registration begins @ 8:00 a.m.  
Meet in SCMC cafeteria.**

**Where: Starts and ends @ SCMC. Route to be determined. Call Kristi with questions – (320) 585-5134.**

**Registration:**

**Before March 1<sup>st</sup>, 2012: guarantees t-shirt: \$25.00**

**After March 1<sup>st</sup>, 2012: \$30.00**

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I am voluntarily participating in the Courage Cottage Run for the Gold 5K. Should I encounter any medical problems or sustain any injuries, I take full responsibility and **DO NOT** hold the Courage Cottage or Stevens Community Medical Center liable.

**NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

Parent signature if participant is under 18 years of age.

**NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**T-Shirt Size: Child:    M L XL  
                          Adult: S M L XL**

**Courage Cottage Run for the Gold  
Run/Walk 5K  
Pledge Forms**

	NAME	ADDRESS	PHONE #	AMT.
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				



**RUNNER/WALKER**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_