

# Pumpkin Fest

## 5K Run / Walk

All net proceeds  
benefit the Big Lake  
Beyond The Yellow Ribbon &  
Big Lake Food Shelf



Anytime Fitness  
570 Humboldt Dr,  
Suite 104  
Big Lake, MN  
55309

**Saturday, October 8 • 8:30 am**

Run or walk the 5K route, beginning and ending at Anytime Fitness.  
(Wear your pumpkin-themed costume—however, they are not mandatory.)

**Cost: \$25 (T-shirt guaranteed if registered by September 23 )**

Same day registration is available without the guarantee of receiving a shirt.

Race packet pick-up at Anytime Fitness beginning at 7:30 am on Saturday, October 8.  
For more information, call 763.263.3090 or email [pastormarty@lordofglorylutheran.org](mailto:pastormarty@lordofglorylutheran.org)

To register, go online to [zapevent.com](http://zapevent.com) or by completing this form and mailing it, with the entry fee (\$25) payable to:

**Lord of Glory Lutheran Church**  
15550-190th Ave NW, Elk River, MN 55330

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Gender \_\_\_\_\_ Age \_\_\_\_\_ Phone Number \_\_\_\_\_

T-Shirt Size: (Please circle) Small Medium Large X-large

Run or Walk: (Please check)  5k Run  5K Walk

Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Waiver: Knowingly and at my own risk, I hereby enter and will not hold any official, Lord of Glory Lutheran Church, or Anytime Fitness accountable for any injuries connected with this event. I understand that race times and distances are unofficial.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

(Parent or guardian if participant is under 18 years of age)