



Strong Minds

9th Annual Run for Change 5K Run/Walk Registration Form

Registration opens at **9:00 am** on **Saturday May 9th, 2026**

Event begins at 10:00 am at Roberta Bondar Park Pavilion.

Registration is available on linktr.ee/strongmindsssm, strongminds.co, as well as the day of the event.

NAME: _____

BIRTHDATE: _____ SEX: _____

ADDRESS: _____ CITY: _____

EMAIL: _____ PHONE: _____

This 5k-run/walk event is a movement to raise awareness for mental health & addictions and to help stop the stigma that's associated with it. Everyone is welcome and encouraged to bring family, friends, and pets! Let's come together and be the change!

Cost:

\$30.00 - Individual **\$125.00** - Group of 5 **\$200.00** - Group of 10
Each registrant needs a separate form

Method of Payment:

Cash Cheque E-Transfer

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter or participate unless I am medically able to do so. I assume all risks associated with running in this event. Having read this waiver and knowing these facts, and in consideration of you accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release Fitness Based Therapy Corporation o/a Strong Minds and all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event.

Signature

Parent/Guardian's signature if participant is under 18