

The 17th Annual

PUMPKIN

10:00 a.m. Saturday,
Oct. 22, 2022

PRESENTED BY



A member of Minnesota State and the
American Indian Higher Education Consortium

Run & Walk 5K

Location

Fond du Lac Tribal and Community College,
2101 14th Street, Cloquet

Registration

Register online at <https://fdltcc.edu/campus-life/pumpkin-run-walk/>.

Registration is also available by mail in advance or on day of race (8:30 a.m. to 9:30 a.m.)

Mailed entries must be received by October 14 to Pumpkin Run, Fond du Lac Tribal and Community College, 2101 14th Street, Cloquet, MN 55720.

Entry fee

Registration received or postmarked by October 14: \$20.00; after October 14 and on race morning: \$25.00.

Registration for school-age and college students received by October 14: \$12.00; after October 15: \$25.00.

Fee includes long-sleeve finisher t-shirt, professional chip timing, and refreshments at the finish. Entry fees are non-refundable. Please pre-register as it helps race organizers prepare. We have one of the lowest race registration fees to encourage physical activity.

Course

The course starts and finishes at Fond du Lac Tribal and Community College.

Essentially flat, the course features a fast downhill stretch with a return trip up the same hill. Mile markers will be posted and traffic control measures will be in place. No water stops on the course, but water will be available at the start and finish area of the race.

Sorry, no strollers, roller skates, skateboards, baby joggers, bicycles, or pets are allowed on the race course. This will be enforced on race day morning and anyone found violating this rule will be asked to leave the race course.

Costumes

To celebrate the theme of the race, participants are encouraged (but certainly not required) to wear Halloween costumes or wear orange clothing. Prizes will be given for the best costumes. It's fun to wear orange!

Awards

Top three overall male and female finishers; Age group awards to top male and female in each of the following age groups: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+; Top male and female FDLTCC student (registered before October 22); Best Costume.

Amenities

Indoor facilities and warm gathering areas before and after the race, healthy refreshments after the race, plenty of free parking in campus lots, door prize drawings.

Results

Will be posted on the college website at www.fdlccc.edu and at www.gopherstateevents.com after the event.

2022 Pumpkin Run Entry Form

Name _____

Street Address _____

City _____ State _____ Zip _____

Male Female

Birthdate _____ Age on race day _____

Telephone _____ Email _____

I am a current FDLTCC student (check box)

T-Shirt Size: XS Small Medium Large XL XXL

Risk Assumption and Liability Release Waiver: I understand that the Pumpkin Run & Walk is a recreational activity and that my participation in it is voluntary and carries with it certain risks. I appreciate and assume these risks and any other risk which I have knowledge of, appreciate and accept, and I acknowledge that I am solely responsible for my physical and mental fitness, and that I am sufficiently trained to participate. I agree to release, hold harmless, and covenant not to sue Fond du Lac Tribal and Community College, Minnesota State, their employees, agents, assigns, sponsors, municipalities or any volunteer, participant, or spectator of the Pumpkin Run & Walk for any claim of ordinary negligence arising out of my participation. I understand that this release, hold harmless, and covenant not to sue is limited to claims for ordinary negligence and in no way shall be construed to release claims for conduct that constitutes greater than ordinary negligence, conduct that constitutes reckless or grossly negligent conduct, or willful, wanton or intentional acts, or claims I may have that are beyond simple negligence. I understand that the use of strollers, roller skates, skateboards, baby joggers, bicycles, or pets are NOT ALLOWED on the race course. I agree to not use any of these items and understand that if I violate this rule I will be removed from the race course and disqualified from the race. I give permission to FDLTCC to use my name, image, likeness or any other record of my participation in the Pumpkin Run & Walk for any promotional purposes without obligation or liability to me.

Signature _____

Date _____

Parent/Guardian signature if participant is under 18 _____ Date _____

REGISTRATION FEES

- \$20 before October 14, 2022
- \$12 student before October 14, 2022
- \$25 everyone after October 14, 2022

Total Enclosed

Mail or deliver checks to:

Pumpkin Run
Fond du Lac Tribal and
Community College
2101 14th Street Cloquet, MN 55720

Make checks payable to:

Fond du Lac Tribal and Community College

Registration fee payments with cash, check, or credit cards can be made at the FDLTCC Business Office.