

The 18th Annual

PUMPKIN Run & Walk

9:30 AM | Ring Road Fun Run
10:00 AM | Pumpkin Run & Walk 5K
Saturday, October 21, 2023



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

Location

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

Registration

Register online at <https://link.fdlcc.edu/PumpkinRun>.

Registration is also available by mail in advance or on day of race (8:00 a.m. to 9:00 a.m.) *Mailed entries must be received by October 15.*

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

See back for more
race details

Entry Fee

Pumpkin Run & Walk 5K

Registration received or postmarked by October 15: \$20.00;
after October 15 and on race morning: \$25.00.

Registration for kids over 10 and college students received by
October 15: \$12.00; after October 15: \$25.00.

Registration for kids 10 and under: \$12.00

Ring Road Fun Run

Registration received or postmarked by October 15: \$20.00;
after October 15 and on race morning: \$25.00.

Registration for kids over 10 and college students received
by October 15: \$12.00; after October 15: \$25.00.

Registration for kids 10 and under: \$0

*Fee includes finisher t-shirt, professional chip timing, and refreshments at the finish. Entry fees are non-refundable.
Please pre-register before race day, as it helps race organizers prepare. All registered participants will receive a t-shirt.*

2023 Pumpkin Run & Walk 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 races 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 5K race course and understand the use of roller skates, skateboards, bicycles, or pets are NOT ALLOWED on the Ring Road Fun Run 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 races for any promotional purposes without obligation or liability to me.

Signature _____ Date _____

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

REGISTRATION FEES

Pumpkin Run & Walk 5K

- ☐ \$20 before October 15, 2023
☐ \$12 kids over 10 and college students before October 15, 2023
☐ \$12 kids 10 and under
☐ \$25 everyone after October 15, 2023

Ring Road Fun Run

- ☐ \$20 before October 15, 2023
☐ \$12 kids over 10 and college students before October 15, 2023
☐ \$0 kids 10 and under
☐ \$25 everyone after October 15, 2023

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.

Course

The 5K 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 5K race course.

This will be enforced on race day morning and anyone found violating this rule will be asked to leave the race course.

The Ring Road Fun Run takes place on the beautiful Fond du Lac Tribal and Community College campus. The short course will cover 1 lap of the ring road around the main campus building. Strollers and baby joggers are allowed for the Ring Road Fun Run. Sorry, no roller skates, skateboards, bicycles, or pets are allowed on the Ring Road Run Fun race course. This will be enforced on race day morning and anyone found violating this rule will be asked to leave the race course. Kids 10 and under and invited to register for the Ring Road Fun Run for free. All registered participants will receive a t-shirt.

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.

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

Pumpkin Run & Walk 5K:

- 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

Ring Road Fun Run:

- Top 3 boy and girl finishers in the following age groups: 5 and under, 6-10

Best Costume

All award winners will receive a pumpkin!

