



The Humboldt
Lions
Club's Annual
Pumpkin Run

2021 Pumpkin fun Run/Walk

The Humboldt Lion's Club is sponsoring their annual "pumpkin" run/walk on **Saturday, October 16**. This run/walk will be held at Joe Sheldon Park and will begin at 9:30 a.m. This fun run/walk is open to all elementary boys and girls (grades one through six). Parents are welcome and encouraged to join their child and participate by walking or running in this event. The races will be conducted as follows:

- grades 1 & 2 9:30 a.m. - will run 500m (just over ¼ mile);
- grades 3 & 4 9:45 a.m. - will run 1000m (approximately ¾ mile)
- grades 5 & 6 10:00 a.m. - will run 1500m (just under a mile)

Times are tentative. Races will begin once the participants of the previous race are finished.

A timed 1.5-mile competition will be offered (if there is interest) following the 5th & 6th grade run. This race will be open to all ages, including adults. The runners may choose to participate in distances longer than listed for their age group. They may also choose to run in multiple races.

Participants:

- walk the course from **8:30 – 9:25**
- the contests will start and end near the start line of the cross-country course in lower Sheldon Park
- boys and girls will run/walk together

All youth participants will receive a sports drink. The Lions will provide pumpkins for the youth participants until they are all given away. **Please complete, sign and return the entry/waiver form to the office or your teacher by Thursday, October 7.** **(Advance registration helps to insure we have enough sport drinks and pumpkins)** Return envelopes will be available at each school. There is no cost for participation in this event.

High school and junior high cross-country runners will be available to help the participants before and during the run. Humboldt Lions members will help distribute sports drinks and pumpkins to the runners/walkers when they have finished participating. For additional information, contact Dean Clasen at (890-9864) or by e-mail; dclasen@mhsl.com.

Parents, you are invited and encouraged to participate in this event with your child.

All who attend are encouraged to wear masks and practice social distancing while at this event.

-----detach and return-----

Complete this entry form/permission slip and return to your teacher or your school office by **Thursday, October 7.**

Name _____

School _____

Please circle the appropriate information

Grade 1 2 3 4 5 6 Girl Boy

I understand that there are risks of injury whenever an individual participates in an athletic activity. On behalf of my child, I willingly accept the responsibility for these risks.

parent's / guardian's signature

date _____

I plan to run in the timed 1.5-mile race. I understand that I can do this in addition to or instead of running with my age group. Yes No