

**Grandparent
Challenge?**

**RUN OR
WALK WITH
A GRAND
CHILD!**

**Challenge
Your
Friends and
Workmates!**

**Who
Will Wear
the Most
Purple?**

(Domestic Violence
Awareness color)

**STAND
UP!
SPEAK
OUT!**

PARTNERSHIP

Treat your partner as an equal and whole human being. Respect her decisions and opinions. Listen with your heart. Share responsibilities based on skills, interests and fairness.

CULTURAL RESPECT

Understand your relationship to others and all things in Creation. Be responsible for your role: Act with compassion and respect. Respect and accept that people have their own path. Humbly respect her Path as being equally important as yours.

SPIRITUAL REFLECTION

Meditate about walking your own Path. Reflect on your relationship with the Creator. Make time to be alone in Nature. Recognize and express thanks for your blessings. Focus on the inner balance of your physical, mental, emotional and spiritual self. Practice humility.

TRUST AND SUPPORT

Support her goals in life. Respect her right to her own feelings, friends, activities, and opinions. Help provide the resources she needs and wants. Respect her "space" and privacy.

HONESTY AND ACCOUNTABILITY

Accept responsibility for yourself, including your actions and words, things that you should have done. Acknowledge your past use of violence and the ongoing impact it has. Admit being wrong. Communicate openly, truthfully and respectfully.

RESPONSIBLE PARENTING

Share all parental responsibilities. Be a positive, nonviolent role model. Nurture your children; don't "baby-sit." Acknowledge that being an "absent parent" is neglect, not an excuse for not providing financial, emotional and other types of support in the best way you can. Parenting is difficult – get support and words of wisdom from your relatives when needed.

SHARED RESPONSIBILITY

Mutually agree on a fair distribution of work. Make family decisions together. Do your share without being reminded. Seek help or learn more about the things you are responsible for if needed.

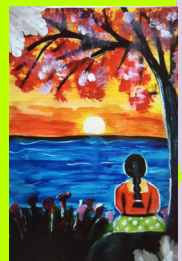
5K

DOMESTIC VIOLENCE AWARENESS RUN & WALK

Saturday • October 1st • 9:00 am
Mole Lake, WI

Parking: Mole Lake Casino

Hosted By:
**Brighter
Days**



Register online at:

<https://www.surveymonkey.com/r/BrighterDays5K>

Or use form inside this brochure.

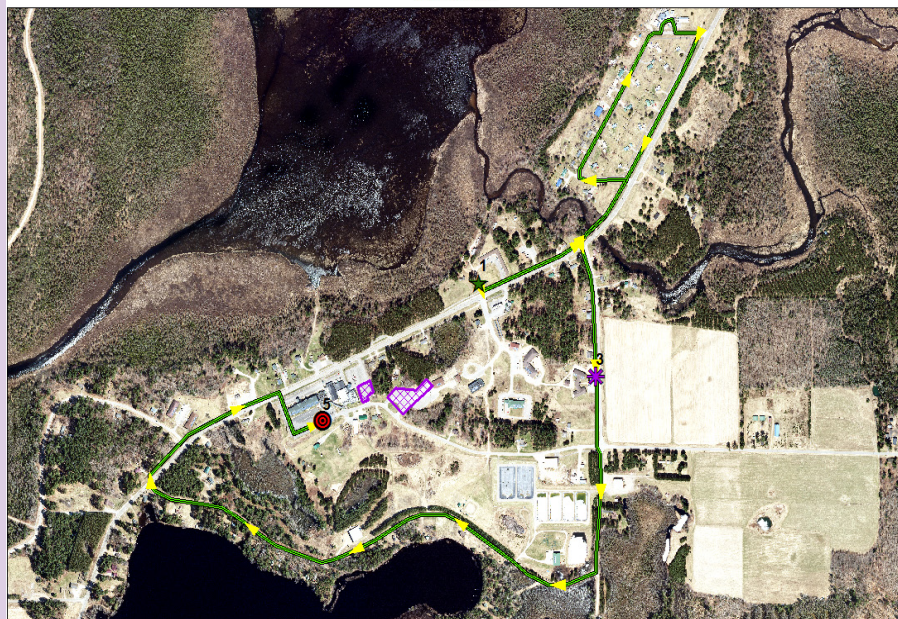
Call or Text 715-622-0558 or email cstorm@scc-nsn.gov

Parking at Mole Lake Casino

SATURDAY MORNING SCHEDULE

- 7:30 to 8:30 am** Registration
- 8:30 to 8:45 am** Drumming
- 9:00 am** Run/Walk Begins
Dinesen House, Mole Lake
- Aid Stations:** First Aid, Water and Portable Toilets
at 1.5 mile
- Post Race:** Water, Sports Drinks and
Snacks available

5k Route



Pre-Registration Form

(Please Print)

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Participant Information:

Birthdate: ____/____/____ Gender: M____ F____

T-Shirt Size ☐ S ☐ M ☐ L ☐ XL ☐ XXL ☐ XXXL

Limited T-Shirts. Register early to get one and your size choice!

TERMS OF PARTICIPATION:

I know that running a trail/road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although traffic monitors will be provided, there may be traffic on the roads. I also assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of weather including high heat and/or humidity, or ice and snow, and the condition of the course. I know I may encounter wild and/or domesticated animals on the trail. I may also encounter non-participant individuals or groups of people biking, running or walking. I recognize that if I choose to wear a portable listening device during the race, that it may create a distraction which may increase my risk of injury. Runners or walkers with strollers must start in the rear. Knowing these facts, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge Brighter Days, the race directors, and any organization associated with the race, and the local governments and police, assigns or volunteers, and any and all sponsors including their agents, employees, assigns or causes of acting on their behalf, from any and all claims or causes of action (known or unknown, foreseen, or unforeseen) for death, personal injury or property damage of any kind or nature including those arising out of their negligence in the course of my participation in this road race and all other events and activities associated with this race. I give my permission for medical team evaluation, treatment and transfer to an emergency facility if needed. I further grant permission to Brighter Days to use any photographs, videotapes, motion pictures, recording or any other record of this event for any purpose without limitation or compensation. I understand that there is not a registration fee and this walk/run is to bring awareness to Domestic Violence.

☐ I have read the foregoing and certify my agreement by my signature on the registration form.

Signature: _____

Parent (if under 18): _____

Date: ____/____/____