



“Running offers many strong and powerful lessons for life. Running teaches us: to take things one step at a time; that you can’t cheat life - you have to run miles one through nine to get to 10; when facing an uphill challenge we can persevere or take the easy way and turn around. The lesson we love the most is that if we keep moving forward, we arrive someplace different, we arrive stronger and often, as a better version of ourselves.”

- Back on My Feet

WHAT IS RADD?

RADD (Runners Against Destructive Decisions) is a running group formed to help those recovering from addiction and other destructive decisions. RADD provides a healthy lifestyle alternative for those in recovery and their families. RADD started running in April 2014 and continues to run three days each week, year round. RADD also helps support a juvenile running program, Team Kaizen, that runs every Monday evening and is mentored by PCAND (Prevent Child Abuse North Dakota).

RADD is funded by The Santa Run, a 501 (c)(3) charity. The Santa Run is organized on behalf of RADD as an event to raise awareness of addiction issues in our community.

HOW THE SANTA RUN SUPPORTS RADD RUNNERS.

When a runner enters the RADD program they are encouraged to:

- 1. Set a Goal**
- 2. Consistently run with RADD for eight weeks**
- 3. Run a local 5k race**

Proceeds from the Santa Run help RADD runners in multiple ways such as:

- **Purchasing running shoes**
- **Paying for race entry fees**
- **Rewarding long-term runners with the opportunity to run larger races in places such as Duluth, Los Angeles and even Ecuador**

Additional proceeds go to support RADD’s growth across North Dakota and recovery programs that promote healthy lifestyles.



Bismarck Santa Run



info@bismarcksantarun.com



bismarcksantarun.com



Benefits RADD by purchasing running shoes and race entry fees to support those in our community in recovery from addiction.

Race Details: The 2021 Bismarck Santa Run is a festive, family-friendly, 5K Run/Walk and Cool Mile Run, with a twist! Run your race with RADD in-person at the State Capitol Grounds on Saturday, December 11 at 10 AM, or run virtually in your Santa suit anywhere and anytime between December 1 and December 25.

Date, Time & Location: December 11 at 10 AM on the State Capital Grounds with RADD OR anytime, anywhere between December 1 and December 25.

Packet Pickup: Packets will be available for pickup at the Larks Front Office from November 30 - December 10 for the in-person run and through December 21 for the virtual run. If you are unable to pick up your race packet, don't worry! We can also ship you your race packet. Please add \$10 to your registration amount and select the shipping box below.

Registration:

- Early Registration (Oct. 1 - Oct. 31): \$30
- General Registration (Nov. 1 - Dec. 21): \$35
- In-Person Race Day Registration: \$40

Presenting Sponsor:



Register Online at

bismarcksantarun.com or print a registration form from the website and register by mail.

If registering by mail please make checks payable to: *The Santa Run*

Mail to: The Santa Run
201 W Front Ave
Bismarck, ND 58503

Entry Form
(for entry by mail)

Name: _____ **Age on Race Day:** _____

Address: _____

City/State/Zip: _____ **Gender:** M [] F []

E-mail: _____ **Phone:** _____

If Applicable, Please List The Name Of The Person Who Recruited You For The 50-State Challenge: _____

Do you plan to run with RADD on December 11? Yes [] No [] Unsure []

Race Selection: 5K [] Cool Mile [] **Would you like a plus size Santa Suit?** Yes [] No []

Would you like your packet shipped to you? Yes [] No [] *If yes, please add \$10 to your registration fee.*

Santa suits are unisex, one size fits all, with a limited number of plus size suits available. If you would like a plus size suit, please mark the box above.

Waiver: I know that running/walking a road race is a potentially hazardous activity. I assume all risk associated with participating in this event, including but not limited to falls; the effects of weather including cold temperatures; traffic or the conditions of the race course, including snow and ice; and contact with other participants, race personnel, volunteers and spectators, including the potential contraction of any communicable disease, including, but not limited to, COVID-19; all such risks being known and appreciated by me. I agree to abide by safety measures provided by government agencies regarding COVID-19 which may be in place at the time of this race. I hereby, for myself, my heirs, personal representatives, and anyone authorized to act on my behalf, waive and release The Santa Run, Runners Against Destructive Decisions (RADD), and any other race officials, sponsors, donors, volunteers, and any other individuals or entities associated with this event from any and all claims or liabilities of any kind arising out of my participation in this event. I attest that I am in adequate health for this event and that I may be removed from the race if my health is endangered or I do not follow the rules of the event. I grant permission to the organizers of this event to use photographs or other record of me in this event for any legitimate purpose.