



Events & Times

Location: Red Bridge Park, Cicero, IN

Date: Saturday, May 9th, 2026

Times:

8:00–8:45 am Check-in & T-shirt pick up

8:00–8:45 am Walk-up registration

9:00 am 5K Fun Run

9:05 am 5K Walk & Roll

Pre-registration ends April 20th.

T-Shirts are no longer available after Pre-registration ends.

Entry Fees:

Individuals \$35.00 per person

Team of 5 \$150.00 per Team

Each team member must fill out an individual registration form. Team captains should submit individual team member registration forms and payment together.

Children 10 and under Free (no T-shirts) Parents must fill out a registration form listing each child.

Please return this form with payment to:

Mephibosheth Ministries, Inc.

1715 Stringtown Pike

Cicero, IN 46034

Make checks payable to: Mephibosheth Ministries, Inc.

No credit cards accepted with paper registration

Questions?

Please contact Nicole Frisbie, Executive Director, nicole@mm-abilities.org

if you have questions or would like to volunteer for the Dash.

Have a Team of 5?

Name of Team: _____

Team Captain: _____

Please check T-shirt size

___ Small ___ Medium

___ Large ___ XLarge

___ XXLarge

Registration and Liability Waiver on back side.

Liability Waiver

DASH 2026 FOR **disABILITIES**



1715 Stringtown Pike
Cicero, IN 46034

Please fill out completely and Sign

Name:

Age:

Address:

City, State, Zip

Phone:

Email:

Emergency Contact:

Name:

Phone:

Relationship to Runner:

To participate in the Dash for disAbilities, you must sign the following release:
In consideration of the acceptance of this entry, I waive all claims for myself and my heirs against Mephibosheth Ministries, Inc. for any injury of illness which may result directly or indirectly from my participation. I further state that I am in the proper physical condition to participate in this event. In addition, I also give Mephibosheth Ministries, Inc. permission to use photographs of myself taken at the Dash for disAbilities and associated events in future event promotion.

REQUIRED SIGNATURE
REGISTRANTS UNDER 18 YEARS OF AGE MUST HAVE A PARENT'S SIGNATURE IN ORDER TO PARTICIPATE IN THE DASH.

(Parent's Signature required for registrants under 18 years of age) Date