

THE GRIND V 5K RUN/WALK ROAD RACE



AND FAMILY TRAIL HIKE
AT
BECK'S MILL
4433 SOUTH BECK'S MILL ROAD
SALEM, IN 47167

OCTOBER 14, 2017
5K 9A.M.
A BENEFIT FOR BECK'S MILL
"BACK UP AND RUNNING"

ONLINE REGISTRATION AT
INDIANATIMING.COM

THE GRIND 5K RUN/WALK BEGINS AND ENDS AT HISTORIC BECK'S MILL. HILL CHALLENGE OUT OF THE START AND FAST DOWNHILL FINISH.

7:30AM REGISTRATION/PACKET PICK-UP

**9AM 5K RUN/WALK BEGINS
FREE FAMILY/GROUP HIKES AND TOUR
BEGINS**

10:15 5K AWARDS BEGIN

**REGISTRATION: MAIL - SEE ATTACHED FORM
ONLINE - INDIANA TIMING.COM**

AWARDS

**5K WALK AWARDS
GIVEN TO TOP 3 OVERALL FEMALE/MALE WALKERS.**

**5K RUN AWARDS
GIVEN TO OVERALL FEMALE/MALE WINNER AND TO
THE TOP 3 FEMALE/MALE IN EACH AGE GROUP**

AGE DIVISIONS FOR 5K RUN

**0-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44,
45-49, 50-54, 55-59, 60 AND OVER**

**SNACKS AND DRINKS PROVIDED BEFORE AND
AFTER THE RACE. ENJOY THE HOMEMADE
SOUPS AS WELL!**

THE GRIND V 5K RUN/WALK ROAD RACE

First Name _____ Last Name _____

Age _____ (as of October 14, 2017) Sex: Male ____ Female ____

Address _____

City/State _____ Zip Code _____

Email Address _____

Check race entering:

5K Early - \$12 RUN__ WALK__ LATE (after Sept. 30) \$20__

T-Shirt option

__Small \$5 __Medium \$5 __Large \$5 __XL \$5 __XXL \$7

Make checks payable to: Friends of Beck's Mill

Mail to (postmarked no later than Sept. 30 for early fee):

FOBM c/o Kathy Qualkenbush, 3632 N. County Rd. 500 West, West Baden, IN 47469. Questions? Contact Kathy Qualkenbush 812-865-0711 or email kathyqualkenbush@yahoo.com

NO REFUNDS GIVEN FOR ANY REASON

I hereby do declare myself to be physically sound, having medical approval to participate in the activities of The Grind V 5K Run/Walk Road Race at Beck's Mill. I hereby agree, for myself and my heirs, assigns, personal representatives, executors, and administrators, to waive, release, and forever discharge the Sponsors and their respective directors, officers and employees, any rights, claims for demands therefore which I may have or which I may hereafter accrue to me arising out of injury to my person or my property incurred in connection with the use of the property, facilities or services of Beck's Mill, whether such damages are caused by the negligence of the releasees or otherwise. I give permission to this event to use any photos, videos or sound recordings of me made during this event.

Assumption of Risk: I hereby agree that I bare the sole risk of injury resulting from my use of the property, facilities and services of Beck's Mill and hereby assume full responsibility for and risk of any bodily injury, death, or property damage arising from such use, whether caused by the negligence of the releasee or otherwise. I understand that if I am under 18 years of age, that I must have the signature of my parent or guardian.

Signature
