

GRIN and BEAR IT Annual 5k & 10k



Presented by:
Richland Parish
Hospital:
Community Wellness
& Prevention Program



Delhi HomeCare



OCTOBER 22, 2016 • POVERTY POINT

DISTANCES: 5K/3.1 Miles Road Race, 10K/6.2 Miles Road Race, and ½ Mile Kid's Fun Run (**ALL** events can be walked).

TIME: 6:30 AM Race Day Registration & Packet Pickup
7:45 AM ½ Mile Kid's Fun Run
8:00 AM 5/10K Run
Awards following run

LOCATION/COURSE: Poverty Point State Park, Delhi, LA. All races will start & finish at the Visitor's Center on Poverty Point Reservoir. Come enjoy this beautiful scenic run on a flat course on Poverty Point Reservoir State Park!

REGISTRATION: \$15 through October 10th. \$20 through October 16th. \$25 Race Day. **REGISTER EARLY!** Shirts **NOT** guaranteed to late registrants (after October 10th). Monies raised will go toward future health screenings through The Regional Awareness Campaign (TRAC) Community Wellness & Prevention Program. (**ALL** kids 10 & under run **FREE** unless they want t-shirts). Children's tees are \$10 & must register early to ensure shirt availability.

PACKET PICK UP: Packet pick-up Thursday, Oct. 20th & Friday, Oct. 21th from Noon-5 pm at the White house across from the Delhi Hospital ER, & at the race site on Saturday, October 22th beginning at 6:30 a.m.

AWARDS: Overall Male & Female top finishers in the 5 & 10K races will each receive a \$100 gift card, as well as awards for overall male & female age group finishers. Age groups: 12 and under, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 +.

POST-RACE PARTY: Be sure to stay after the race for refreshments & awards presentation!

Please make all checks payable to: Richland Parish Hospital. Mail applications to Richland Parish Hospital, Attn: Charlotte Poland, 407 Cincinnati Street, Delhi, LA 71232 or Register:

ONLINE @ www.apexendurance.com

Waiver & Release

I know that running and walking in competition are strenuous and potentially hazardous activities. I should not enter and participate in the GRIN & BEAR IT 5K OR 10K unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete the event. I assume all risks associated with participating in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including snow, ice, rain, heat and/or humidity, traffic, altitude, road and surface conditions, all risks being known and appreciated by me. I understand that baby strollers, skates, electronic listening devices, wheelchairs pushed by a runner and dogs or other pets (either on a leash or not) are not allowed in this event. Having read this waiver and knowing these facts, and in considering your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release NWLRA, RICHLAND PARISH HOSPITAL, APEX ENDURANCE, the Sponsors, the employees, officers, agents and directors of these organizations, and any other organization or individuals associated with this event and representatives and successors before, during or after the event, from any claims or liabilities of any kind arising out of my participating in the GRIN & BEAR IT 5K OR 10K, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings or any other record of the event for any legitimate purpose.

Please Circle: ½ Mile Kid's Fun Run

5K Run

5K Walk

10K Run

10K Walk

Last Name _____

First Name _____

Address _____

City _____

Zip Code _____

Birth Date ____/____/____ Male or Female T-Shirt Size (circle) YS YM YL YXL / Adult S M L XL XXL (add \$2)

I understand and agree to all conditions of waiver. Signature _____

Parent/Guardian Signature for participant under 18 years old _____