

Better Rural

Health 5K

GRAMPIAN 5K RUN/WALK

Sponsored by the Women's Health Task Force of Clearfield County

Date and Race Time: Thursday, June 23 @ 6:00 p.m.

Location: Stronach Road & Rails to Trails, Grampian, PA

Cost: \$20.00 if registered **by June 10** (\$25.00 **after June 10**)

Kid's Run: Kids 10 & under run free

Course: Stronach Road and Rails to Trails in Grampian, PA

Timing: Hand timing with times announced at finish line. Free online registration service to the race organization at runsignup.com

Awards: Medals for first place overall male and female finishers in the following age groups:

Age up to 14 Age 15 – 19 Age 20 – 39 Age 40 – 59 Age 60+

Stroller Category

Proceeds: Proceeds from this event will benefit the Free Medical Clinics in DuBois and Frenchville.

Race Restrictions: Rollerblades, skates, skateboards, bikes, or scooters are not permitted on the race course.



REGISTRATION FORM 5K RUN/WALK

Complete this form in its entirety and return by June 10, 2016.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Phone: _____

Gender (Circle): Male/Female Age on Race Day: _____

Please enclose:

1. Completed & Signed Registration Form
2. \$20.00 Registration Fee (**\$25 after June 10**)

MAKE CHECKS PAYABLE TO: WOMEN'S HEALTH TASK FORCE

Please mail the completed form and check to: Robin Dusch;
c/o Women's Health Task Force; 112 Shardan Avenue; Curwensville,
PA 16833

Waiver: I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely compete in the run. I assume all risks associated with running in this race, including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. All fees are nonrefundable. Race will take place rain or shine. In the event of extreme weather conditions or some other unforeseen act of God that may prohibit the race, all fees are nonrefundable. Having read the waiver and knowing these facts, and in consideration of your acceptance of my application, I for myself and anyone entitled to act on my behalf, waive and release the event, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the person named in the waiver.

Signature

Date