



**SATURDAY, OCTOBER 20<sup>TH</sup>**

**Poverty Point State Park  
Delhi, Louisiana**

**5K, 10K & 1/2 Mile Kid's Fun Run**  
(All events can be walked)

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 @

<https://runsignup.com/Race/LA/Delhi/GrinBearIt5K10K>

## RACE DAY

6:30 AM- Race Day Registration & Packet Pickup  
7:45 AM- 1/2 Mile Kid's Fun Run  
8:00 AM- 5/10K Run

Post-race party & award ceremony following

## 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 +.

## REGISTRATION

\$15 through October 8<sup>th</sup>.  
\$20 through October 14<sup>th</sup>  
\$25 Race Day  
(All kids 10 & under run free)

Monies raised will go toward future health screenings through Campaign (TRAC) Community Wellness & Prevention Program.

## T-SHIRTS

Adults will receive a t-shirt with your registration. (Children's tees are \$10 & must register early to ensure shirt availability)

Register Early! Shirts *NOT* guaranteed to late registrants (after October 8<sup>th</sup>).

## PACKET PICK-UP

Packet pick-up Thursday, Oct. 18<sup>th</sup> & Friday, Oct. 19<sup>th</sup> from Noon-4 pm at the White house across from the Delhi Hospital ER, & at the race site on Saturday, October 20<sup>th</sup> beginning at 6:30 a.m.

ENTR  
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FORM

Name: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip Code \_\_\_\_\_ Age \_\_\_\_\_ Male/Female \_\_\_\_\_

(Circle One)

Shirt Size      Adult   S   M   L   XL   XXL (add \$2)      Youth   S   M   L   XL   XXL

- 5K Run       5K Walk  
 10K Run       10K Walk  
 Kids 1/2 Mile Fun Run

I understand and agree to all conditions of waiver. Signature: \_\_\_\_\_

Parent/Guardian Signature for participant under 18 years old: \_\_\_\_\_

### 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, 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.