

The Grind 5K Run/Walk

Saturday, September 14 (9 am start; registration begins at 7:30)

Historic Beck's Mill

P.O. Box 288

4433 S. Beck's Mill Road, Salem, IN 47167

812-883-5147

2024 Beck's Mill The Grind 5K Run/Walk Registration Form

I am registering for the: 5K Run 5K Walk

First Name: _____ Last Name: _____

Email Address: _____

Home Address: _____

City: _____ State: _____ Phone: _____

Age Day of Race: _____ Gender: Male Female

_____ \$25 **with** shirt (Must register by **September 1** for a shirt)

T-Shirt Size: Small Medium Large XL 2X 3X

_____ \$20 **without** shirt (if registered by **September 1**)

_____ \$25 **after** September 1, 2024 (No shirt)

**Some shirts will be available the day of the race for additional \$5 (no guarantee)*

- Race entry includes entry to Beck's Mill and grounds for the participant including post-race breakfast and snacks.
- Finisher medals for the first 100 participants across the finish line.
- Awards for top 3 male & female run and walk finalists.



<https://runsignup.com/Race/IN/Salem/TheGrind5KRunWalkatBecksMill>

Waiver:

I hereby do declare myself to be physically sound, having medical approval to participate in the activities of the The Grind 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 damages therefore which I may have or which I may hereafter accrue to me arising out of injury to my person or my property incurred with connection with the use of the property, facilities or services of Beck's Mill, whether such damages are caused by the negligence of 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 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 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:

