

THE GRIND 5K RUN & WALK

Race Information

September 18, 2021

About: The Grind 5k Run & Walk will start and finish at Historic Beck's Mill. Runners can expect a hill challenge at the start of the race and a fast downhill finish. All proceeds support Historic Beck's Mill.

Details: Saturday, September 18th @ 9:00 am

Location: Historic Beck's Mill, 4433 South Beck's Mill Road, Salem, IN 47167

Registration: Online, mail in paper registration, or sign up on race day: 7:30 am to 8:30 am. [Online Registration Link:](#)

Cost: \$25

Snacks and drinks provided before and after the race. Breakfast will be prepared by Shady Patch Farm.

Results: Results will be posted on The Grind 5k Facebook event page.

Awards:

Walk Awards: top 3 overall male and female walk finishers will receive an award.

Run Awards: overall Male and Female will receive an award. Age group awards for the top 3 male/female finishers.

Age Groups: 0-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+. (age group based off age on race day)



THE GRIND 5K

September 18th, 2021

Registration Form

Name: _____

Age (on race day): _____ **Gender:** _____

Address: _____

Phone: _____ **Email:** _____

Select One:

_____ **5k Run - \$25**

_____ **5k Walk - \$25**

Mail Completed Form to:

Friends of Beck's Mill

Attn: The Grind 5K

PO Box 288

Salem, IN 47167

**Make Check Payable to: Friends of Beck's
Mill**

In consideration of acceptance of my entry, I hereby release, discharge and agree to hold free and harmless any sponsors, officials or organizers of this event and each of them together with their successors, assigns, officers, agents, and employees from any and all liability for injuries to property or person suffered by me as a result of my participation in this event. By execution of this waiver, I assume all risks associated with my participation in this event, including, but limited to fall, the effects of weather, traffic and road conditions, all such risks being known and appreciated by me. I verify that I am physically fit and significantly trained for the completion of this event and that my physical condition has been verified by a licensed medical doctor.

Signature: _____ **Date:** _____

***Parent's signature if under 18 years of age**