

The Grind 5K Run/Walk

Saturday, Sep 16, 2023 (9 am start; registration begins at 7:30)

Historic Beck's Mill

4433 S. Beck's Mill Road, Salem, IN 47167
812-883-5147

2023 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

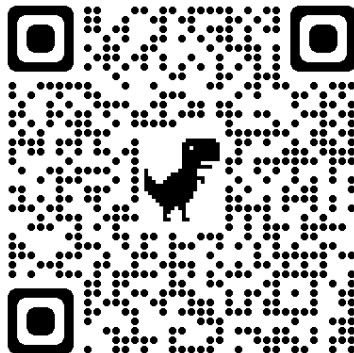
_____ \$25 with shirt (Must register by **September 1** for a shirt)

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

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

_____ \$25 after September 1, 2023 (No shirt)

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



Register by scanning the above QR code or at Run Reg: <https://www.runreg.com/11645>