

**T H E G R I N D V I I
5K R U N / W A L K R O A D
R A C E**



**A T
B E C K ' S M I L L
4433 S O U T H B E C K ' S M I L L R O A D
S A L E M , I N 47167**

**S E P T E M B E R 7 , 2019
9 A . M .**

**A B E N E F I T F O R B E C K ' S M I L L
" B A C K U P A N D R U N N I N G "**

**O N L I N E R E G I S T R A T I O N A T
M A G 7 R A C E S E R I E S . C O M
B E C K S M I L L . O R G**

THE GRIND 5K RUN/WALK BEGINS AND ENDS AT HISTORIC BECK'S MILL. HILL CHALLENGE OUT OF THE START AND FAST DOWNHILL FINISH.

7:30AM REGISTRATION/PACKET PICK-UP

**9AM 5K RUN/WALK BEGINS
FREE FAMILY/GROUP HIKES AND TOUR
BEGINS**

10:15 5K AWARDS BEGIN

**REGISTRATION: MAIL - SEE ATTACHED FORM
ONLINE - MAG7RACESERIES.COM OR BECKSMILL.ORG**

AWARDS

**5K WALK AWARDS
GIVEN TO TOP 3 OVERALL FEMALE/MALE WALKERS.**

**5K RUN AWARDS
GIVEN TO OVERALL FEMALE/MALE WINNER AND TO
THE TOP 3 FEMALE/MALE IN EACH AGE GROUP**

AGE DIVISIONS FOR 5K RUN

**0-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44,
45-49, 50-54, 55-59, 60 AND OVER**

**SNACKS AND DRINKS PROVIDED BEFORE AND
AFTER THE RACE. ENJOY THE HOMEMADE
SOUPS AS WELL!**

THE GRIND VII 5K RUN/WALK ROAD RACE

First Name _____ Last Name _____

Age _____ (as of September 7, 2019) Sex: Male ____ Female ____

Address _____

City/State _____ Zip Code _____

Email Address _____

Check race entering:

5K Early - \$12 RUN____ WALK____ LATE (after Aug 30) \$20____

T-Shirt option

____Small \$5 ____Medium \$5 ____Large \$5 ____XL \$5 ____XXL \$7

Make checks payable to: Friends of Beck's Mill

Mail to (postmarked no later than Aug 30, 2019 for early fee):

FOBM c/o Kathy Qualkenbush, 220 E. Campbell St. Paoli, IN 47454 Questions?

Contact Kathy Qualkenbush 812-865-0711 or email kathyqualkenbush@yahoo.com

RACE DAY PHONE # 812-883-5147

NO REFUNDS GIVEN FOR ANY REASON

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