

2024 GRIN & BEAR IT

5K, 10K, & 1/2 MILE KID'S FUN RUN

Saturday, October 26th • Poverty Point State Park, Delhi LA



Register Online at:

www.DelhiHospital.com/GrinAndBearIt/

Paper Applications:

Mail applications to Delhi Hospital
Attn: Community Outreach Dept.
407 Cincinnati St., Delhi, LA 71232

**Please make all checks payable to: Delhi Hospital*

RACE DAY

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

\$25 before October 10th with a guaranteed t-shirt
\$25 Race Day
\$20 for DH&C Employees

(All kids 10 & under run free at Kid's Fun Run.)

T-SHIRTS

Adults will receive a t-shirt with your registration.
(Children's tees are \$10 & must register by October 10th to ensure availability.)
Register Early! Shirts NOT guaranteed to late registrants (after Oct. 10th)

PACKET PICK-UP

Packet pick-up Thursday, Oct. 24th & Friday, Oct. 25th from Noon-4 pm at the Delhi Hospital Classroom & at the race site on Saturday, October 26th 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

How did you hear about the race? _____

I understand and agree to all conditions of waiver. **Signature:** _____

Parent/Guardian Signature for participant under 18 years old: _____

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

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 one 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, DELHI HOSPITAL, CAJUN TIMING, the Sponsors, the employees, 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.