

2025 Grin & Bear It

5k, 10k, Kid's Fun Run & ½ Marathon

Saturday, October 18th • Poverty Point State Park, Delhi LA

Register Online at:

www.DelhiHospital.com/GrinAndBearIt/

Paper Registrations:

Mail to Delhi Hospital
Attn. Community Outreach Department
407 Cincinnati St. Delhi, LA 71232

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



Race Day

6:30 AM - Registration & Packet Pickup
7:45 AM - Kid's ½ Mile Fun Run
8:00 AM - ½ Marathon Start Time
8:15 AM - 10K Start Time
8:30 - 5K Start Time

Awards

Overall Male & Female top finishers in the 5K, 10K & ½ Marathon races will each receive a \$100 gift card. Medals are awarded to 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

FREE - Kids 10 & Under Fun Run
\$25 - 5K/10K Before Oct. 16th
\$30 - 5K/10K Race Day
\$35 - ½ Marathon Before Oct. 16th
\$40 - ½ Marathon Race Day

DH&C Employees Receive \$5.00 Off

T-Shirts

Adults will receive a t-shirt with your Registration

Children's Tees are \$15

REGISTER EARLY! Shirts are NOT Guaranteed for Registrations after October 3rd!

Packet Pick-Up

IN THE HOSPITAL CLASSROOM

THURSDAY Oct. 16th: Noon - 4:00
FRIDAY Oct. 17th: Noon - 4:00

RACE DAY: 6:30 at Poverty Point

ENTRY FORM

Name: _____

Address: _____

City: _____ Zip Code: _____ Age: _____ Male/Female: _____

Shirt Size {Circle One}: ADULT S M L XL XXL {Add \$2} YOUTH S M L XL

How did you hear about this event? _____

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

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

- ☐ Kid's Fun Run
- ☐ 5K Run / Walk
- ☐ 10K Run/ Walk
- ☐ ½ Marathon Run

Waiver & Release

I know that running and walking in competition are strenuous and potentially hazardous activities. I should not enter and participate in GRIN & BEAR IT 5K / 10K OR ½ MARATHON 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 condition, 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 on a leash or not) are not allowed in the 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, PELICAN TIMING, the sponsors, the employees, officers, agents and directors of these organizations, and any other organization or individual 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, even though that ability may arise out of negligence or carelessness on the part of the persons named in the 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 use.