

Building Bridges for Better Health

**Race Date:
September 29 2018**

Time: 8:00 a.m.

**Pre-register by:
September 21, 2018**

Entry fees:
 \$20 before September 21
 \$25 on race day
 Participants 12 and under free with registered adult

**Starting near the Old Bridge (LCR 402 off TX 14)
 Between Mexia & Groesbeck**
 *There is construction on the bridge, so please enter at the south end of 402 and park facing away from the bridge area for expedited exit.

Sponsored by:



Prizes

Overall Man
 Overall Woman
 Top Walker

T-Shirts for each pre-registered participant!

****Please read and sign waiver on back**



_____ Name

___ Running (5K/3.2 miles)
 ___ Walking (1 mile)

_____ Address

T-shirt: S M L XL 2XL

Mail form & entry fee to:

_____ City State ZIP

Sex: M F

Limestone Medical Center
 Attn: Leeann Guest
 701 McClintic Drive
 Groesbeck, TX 76642

_____ Signature

Email: _____

Signature of parent/guardian, if under 18

Building Bridges for Better Health



Waiver

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that although police protection will be provided there will be a possibility of traffic on the course. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and the conditions of the roads, all risks being known and appreciated by me. Furthermore, I agree to yield to all emergency vehicles. I am also fully aware that wheels of any kind (except competitive wheelchairs and baby strollers) are strictly prohibited and I agree not to have them on the course. Animals are my responsibility and must be on a leash at all times. Furthermore I agree not to go back into the course after finishing. Knowing these facts and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive and release and discharge any and all race sponsors, race officials, volunteers, local and state police including any and all of their agents, employees, assigns, or anyone acting for or on their behalf from any and all claims or liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of my participating in this event whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants permission to sponsors and/or agents authorized by them to use any photos, video tapes, motion pictures, or any other record of this event for any purpose. Minors accepted only with parent or guardian's signature. No refunds. No makeup rain date. Shirt size not guaranteed.

Signature: _____

Date: _____

Signature of Parent/Guardian if under 18: _____