

Building Bridges for Better Health

**Race Date:
September 28 2019**

Time: 8:00 a.m.

**Pre-register by:
September 13, 2019**

Entry fees:

\$20 before September 13

\$25 on race day

Participants 12 and under free with
registered adult

Starting near the NEW bridge
(LCR 402 off TX 14)
Between Mexia & Groesbeck

For more information contact:
KGuest @LMCHospital.com
Jennifer.Lynch@LPNT.net

Sponsored by:



&



Prizes

Overall Man
Overall Woman
Top Walker

T-Shirts for each
pre-registered
participant!

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



Mail form & entry fee to:

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

Name

Address

City State ZIP

Signature

Signature of parent/guardian, if under 18

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

T-shirt: S M L XL 2XL

Sex: M F

Email: _____

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: _____