

Please join us for the Grit & Grind Trail Series Race #1 at Apple Creek Conservation Area

A portion of the proceeds will benefit **New Life Children's Home / New Life Advance International**. <https://nlai.org/about-us/nlch>

When:

- Saturday, March 4, 2023
- Start time: 8 am
- Limited to 50 participants
- If slots remain there will on-site registration 7:00-7:45 am
- Packet Pick-up: Friday, March 3, 3PM-6 pm, at Missouri Running Co, or on race day 7:00-7:45

Where:

- Apple Creek Conservation Area – southern trail
- **PENDING APPROVAL WITH MISSOURI DEPARTMENT OF CONSERVATION**

Fees:

- \$35.00 for entrant (T-shirt guaranteed if received by February 19,2022)
- \$40.00 for entrant after February 19, 2022
- Mail registration: Red Runner Racing 475 Pueblo Ln Cape Girardeau, MO 63701
- Online registration:
- <https://www.redrunnerracing.com/gritgrind>
- <https://ultrasignup.com/register.aspx?did=98902>

Timing and Awards:

- Results announced around 9:30 am
- All racers will get a patch for each race
- Racers who complete all three races will get an additional series patch
- Awards for the top overall male and female

Course:

Mix of steep hills and fast runnable with creek crossings

We are a pet friendly race - Pet Safety:

- Dogs must be on a leash at all times
- No retractable leashes
- No dogs younger than 6 months
- No leashes longer than 8 feet
- No female dogs in heat
- No aggressive dogs
- All dogs must be current on vaccinations

Grit and Grind #1 Apple Creek

March 4, 2023 – Apple Creek Conservation Area – 8:00 am Registration Form

Name _____ Date of Birth _____

Age on Race Day _____ Sex M ___ F ___

Address _____

City _____ State _____ Zip _____ Phone _____

Email _____ Cape Road Runners member Y ___ N ___

Dog Participating? Y ___ N ___ Dog's Name _____

T-shirt size (circle one) S - M - L - XL - 2XL

Registration Fee: \$35.00 By February 19, 2022 - \$40.00 After - \$85.00 Series

CGRR Members 15% discount

Make checks payable to: Red Runner Racing

Address: 475 Pueblo Ln Cape Girardeau, MO 63701

Participant Waiver for Race Registration

I know that running a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, physical contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators including the potential the contraction of a communicable disease resulting from contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators. I assume all risks including: the effects of the weather; high heat and/or humidity; freezing cold temperatures; traffic and the conditions of the road including surrounding terrain. I assume all such risks being known, appreciated, and accepted by me.

I understand that bicycles, skateboards, roller skates or inline skates, and personal music players are not allowed in the race, and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Grit & Grind, the State of Missouri, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, 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 of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purposes. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

Signature: _____ Date: _____

Parent's Signature if under 18 years: _____ Date: _____