

Mendota Trail Cut to the Chase 5K & 1 Mile Run/Walk

Mendota Trail Conservancy, Inc.
Mendota Trail at Benhams 7720 Rich Valley Rd, Bristol, VA
10/14/2023

The 3rd annual race on the Mendota Trail! Run on a beautiful section of the trail, crossing 2 trestles and viewing the Cut.
Proceeds will be used to help with enhancement of the trail. Event professionally timed and managed by We Run Events.
Packet pickup in Benhams on Saturday, 10/14/23 from 7:30 am – 8:30 am, along with late registration.

8:30 am: 1 Mile Run/Walk 9:15 am: 5K Run

Pre-registration: ends 10/12/23 (by 9/24/23 to guarantee shirt size)
\$25 5K
\$20 1 Mile
\$30 Both

Regular Registration: Fri. 10/13/23 & Sat. 10/14/23
\$30 5K
\$25 1 Mile
\$35 Both
(shirts available while supplies last)

Make checks payable to: Mendota Trail Conservancy

Mail this form to: Mendota Trail Conservancy
PO Box 1322
Bristol, VA 24203

Headphones are permitted on the course | Strollers are permitted on the course | Dogs must be leashed

For more info contact Ellen Mueller emueller423@gmail.com	5K Run Male & Female Awards:	1 Mile Run/Walk untimed
	Overall (top 3) Top Masters Age Groups (top 3) 14 under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+	No Awards

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LAST NAME _____ FIRST NAME _____ M.I. _____

SEX ___ DATE OF BIRTH ___/___/___ AGE ON RACEDAY ___ E-MAIL _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE (_____) _____ - _____

RACE DAY EMERGENCY CONTACT (NAME AND PHONE) _____

*** **CIRCLE SHIRT SIZE:** Adult SM, MD, LG, XL, XXL *** **CIRCLE EVENT:** 5K 1 Mile Both
Youth MD, LG

IN CONSIDERATION FOR ACCEPTING MY ENTRY IN THIS RACE, I FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE FOREVER ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE TRAIL OWNER (MENDOTA TRAIL CONSERVANCY, INC.), ORGANIZERS AND SPONSORS OF THIS EVENT. I ALSO RELEASE THE ABOVE NAMED FOR ALL CLAIMS OF DAMAGE DEMANDS, AND ACTIONS IN ANY MANNER DUE TO ANY PERSONAL INJURIES, PROPERTY DAMAGE, OR DEATH SUSTAINED AS A RESULT OF MY TRAVELING TO AND FROM AND MY PARTICIPATION IN SAID RACE. I ATTEST AND VERIFY THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THE COMPETITION OF THIS EVENT. IN FILLING OUT THIS FORM, I ACKNOWLEDGE I HAVE READ AND FULLY UNDERSTAND MY OWN LIABILITY AND ABILITY.

SIGNATURE _____ DATE ___/___/___ (Parent signature if under the age of 18)