

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

Mendota Trail Conservancy, Inc.
Mendota Trail at Benhams, VA 7720 Rich Valley Rd, Bristol, VA
10/22/2022

The 2nd 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 open more of the trail.** Event professionally timed and managed by We Run Events. Packet pickup in Benhams on Saturday, 10/22/21 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 10/20/22 (by 10/9/22 to guarantee shirt size)
\$25 5K
\$15 1 Mile
\$30 Both

Regular Registration: Fri. 10/21/22 & Sat. 10/22/22
\$30 5K
\$20 1 Mile
\$35 Both

(shirts available for late registrations 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)