

## 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

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

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

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)