Please join us for the Grit & Grind Trail Series! This is the 2nd race in the series and will be at Trail of Tears State Park, Jackson MO. A portion of the proceeds will benefit **New Life Children's Home / New Life Advance International**. https://nlai.org/about-us/nlch

When:

- Saturday, May 22, 2021
- Start time: 8 am
- Limited to 75 participants
- If slots remain there will on-site registration 7:00-7:45 am
- Packet Pick-up: Friday, May 22, Noon-7 pm, at Missouri Running Co 1720 Kingsway Cape Girardeau, or on race day 7:00-7:45

Where:

- Trail of Tears State Park 429 Moccasin Springs, Jackson, MO 63755
- 2nd (lake) entrance
- 37.45483392208238, -89.48820389237562

Fees:

- $35.00 for entrant (T-shirt guaranteed if received by May 1)
- $40.00 for entrant after April 15
- Mail registration: Ambco 475 Pueblo Ln Cape Girardeau, MO 63701
- Online registration:
- https://www.ambcollc.com/gritgrind
- https://ultrasignup.com/register.aspx?did=82407

Timing and Awards:

- Results announced around 10:30 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:

Super scenic with lots of elevation. Small creek crossings. Approximately 6 miles of fun not so fast course.

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 Trail of Tears

May 22, 2021 –Trail of Tears State Park – 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 March 15 $40.00 After March 15

Make checks payable to: Ambco

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 no 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 further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html. 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. In addition, I acknowledge the contagious nature of COVID-19 and other communicable diseases and voluntarily assume the risk that I may be exposed to or infected by COVID-19 and/or other communicable diseases by participating in this event. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 in connection with my participation in this event and personally assume this risk.

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: _____