



GRH 18th Grande Ronde Rehab Run
P.O. Box 3290
La Grande OR 97850

EVENT DETAILS!
18th Annual
Grande Ronde Rehab Run

Saturday 9.17.16



18th Annual Grande Ronde Rehab Run

5K fun run+10K timed

18th Annual GRRR—Saturday, 9.17.16 at 9 AM
Changing it up for 2016! Our signature event returns to the fall
and will kick off once again from the GRH Campus*!

Join us at 8:30 AM (8 AM if you do not pre-register)

in the parking area at 610 Sunset Drive—*former
Women & Children's Clinic—the future home of
GRH Fitness & Rehab Therapy Services.

New, even safer race routes wind uphill and down through the
city of La Grande to where the majestic Blue Mountains
meet the Grande Ronde Valley and back.

Two race events for all fitness levels, either a timed 10K run
or a non-timed 5K fun-run, walk or bike. Serious runners
say our 10K is one of the best races offered regionally for
competing against like-minded enthusiasts and improving
personal bests. Novice runners appreciate a chance to
accomplish a 5K run as part of a healthier lifestyle. Others
enjoy the 5K to either run, walk, bike, or push a stroller simply for
the good exercise and fun. We even invite you to bring your
four-legged friends that are leashed and well-behaved.



Register Today

For more information about the GRRR,
visit grh.org/grrr or call 541-963-1531.

To register: Complete this form and
mail it or drop it off at GRH. **ENTRY
FORMS MUST BE RECEIVED BY 9-9-16.**

*The first 100 entrants receive
our cool new 2016 tee for free!*



5K fun run+10K timed

5K fun run + 10K timed—both races begin @ 9 A.M. \$10 each/\$20 Family (2 or more)

☐ 10K timed run ☐ 5K fun-run TOTAL \$ _____

An **ADDITIONAL FAMILY RELEASE FORM** must be filled out completely for each additional family

member participating, and submitted with this form. **FAMILY RELEASE FORMS** are available at

www.grh.org/grrr for download and must be attached at time of payment for pre-registering.

FAMILY RELEASE FORMS will also be available at the registration table on race day.

T-shirt size (CIRCLE ONE) :

SM MED LG XLG XXL

Participant Consent, Release & Indemnification Agreement | Each undersigned participant agrees as follows:

I, _____ (print name) wish to participate in the **Grande Ronde Hospital 18th Annual Grande Ronde Rehab Run** to be held **September 17, 2016** ("Run") and/or the **Five FREE to 5K Fit Classes** ("Classes") to be held **July 12, 2016; July 26, 2016; August 9, 2016; August 23, 2016; and September 6, 2016.**

I acknowledge that participation in the Classes and/or Run may be physically demanding, and may result in injury. In consideration of being permitted to participate in the Classes and/or the Run, I, individually and for my insurers, medical providers, heirs, successors, assigns and anyone who might claim on my behalf, (collectively referred herein as "Participant"), hereby assume all risks associated with traveling to and from and participating in the Classes and/or Run including, but not limited to, injuries from falls, contact with other participants and physical facilities, contact with moving vehicles, twisting or spraining of ankles, knees or other joints, effects of the weather, and the condition of the running/walking surface.

Knowing these risks, I agree to hold harmless Grande Ronde Hospital, Inc., its affiliates, directors, officers, employees, agents, successors and assigns ("Released Party" or "Released Parties"), from and against any and all claims, damages, injuries, and liabilities of any kind arising out of or in any way related to the Classes and/or Run, including, without limitation, damages or injuries caused by the negligence of any Released Party.

In addition, in the event that I, or anyone acting on my behalf, make a demand, claim or file suit related in any way to the Classes and/or Run, I agree to indemnify, hold harmless and defend the Released Parties from any and all costs, fees, losses, demands, claims, arising there- from. This indemnification shall include, without limit, all court costs, attorney fees, and investigation costs all of which are payable by me on the date incurred. I expressly agree that this release and indemnification agreement is intended to be as broad and inclusive as permitted by law, that any interpretation should be made for the benefit of the Released Party. I grant full permission to Grande Ronde Hospital to unlimited use of any photography, video tapes, motion pictures, recording or other records of the Run that contain my image. Proceeds of this event will benefit the Community Wellness Program of the GRH Rehab Therapy Department.

Participant's Representation, Warranty & Agreement: I warrant that I am of legal age (If not, parent or guardian must sign) and that I have read and fully understand the foregoing terms of this Participant Consent, Release and Indemnification Agreement.

Signature

Date

Parental Representation, Warranty & Agreement: I represent and warrant that I am the parent or legal guardian of the Participant named and that I have authority to sign this release on the Participant's behalf. I further represent and warrant that I am of legal age and that I have read and fully understand the foregoing Participant's Consent, Release and Indemnification Agreement and agree for myself, Participant and Participant's heirs, successors and assigns, and for Participant's legal representatives to be bound by its terms.

Signature

Date

Please mail or deliver completed form to:
GRH 18th Grande Ronde Rehab Run
P.O. Box 3290 La Grande OR 97850
Entries must be received by 9.9.16

Maps are available at grh.org/grrr.

Name (please print)

Street or P.O. Box

City State Zip

Phone

E-mail

Method of Payment

- ☐ Cash
☐ Check payable to: *Grande Ronde Hospital Foundation*
☐ Visa
☐ MasterCard

Exp. date

Credit Card # 3-digit CVV

Signature

Benefit to entrant exceeds the registration fee and is not an allowable IRS charitable contribution.

How to Register:

1. Mail or deliver this form to GRH.
2. Register race morning at 8 AM.
3. Download/print GRH.org/grrr form then mail or deliver to GRH.

ENTRY FORMS MUST BE RECEIVED BY GRH BY 9-9-16.



For more information, visit
grh.org/grrr or call 541-963-1531.