

BEAR CRAWL



OBSTACLE MUD RUN JUNE 21, 2014

- Course** Course distance is approximately 3.2 miles. The course traverses various surfaces including dirt roads, fields, ponds (no swimming required) and mud trails. Numerous obstacles are incorporated into the course. Highlights include walls, trenches, mud pits and a few other surprises to challenge every runner.
- Attire** While safety precautions have been taken, the nature of this event recommends that runners wear attire that reduces the possibility of mishap. Costumes are allowed, however please make sure they cannot get snagged on obstacles, impair vision, or prevent normal breathing. Please refrain from offensive wording on attire. Event management reserves the right to ask participants to alter attire as they deem necessary.
- Location** Race begins at the Tri-City Little League field, Woodland Ln., Benham, Kentucky, 40807
- Entry Fees** Entry is \$25.00 for an individual, teams of four (4) save \$5.00 per person. Run is open to ages 14 & up. Anyone who is under the age of 18 must have parent/guardian sign waiver form.
- Start Time** On-site registration begins at 7:00 a.m. The run begins at 9:00 a.m.

Send completed entry form and registration fee to:

**Cumberland Tourist Commission
506 W. Main St
Cumberland, KY 40823**

**Please make checks payable to the Cumberland Tourist Commission.
DO NOT SEND CASH! NO REFUNDS!**

Bear Crawl Course Rules

1. All runners must stay on the marked course unless injured or leaving the course.
2. The Bear Crawl Obstacle Mud Run is a fun, family-oriented, event. NO horseplay is allowed on course. Any runners involving themselves in horseplay will be DISQUALIFIED and asked to leave the course.
3. Once you have finished the Bear Crawl Obstacle Mud Run, please move through the finish line area and off the course. Do not re-enter the course or play (or allow children to play) on any obstacles.
4. No dogs (except certified service dogs) will be allowed on the race course for any reason.
5. Most importantly; be safe, courteous, and enjoy the run!

Awards

All paid Bear Crawl Obstacle Mud Run participants will receive a medal and T-Shirt. Special awards will be given to the fastest male and fastest female.

Team Form

Team Name: _____ Female: ___ Male: ___ Age: _____

Team Captain _____ Address _____ City _____ Zip _____

Phone _____ Date of Birth _____ Signature (Mandatory for each runner/or parent of entrant is under 18)

T-Shirt Size: **S M L XL XXL** Email Address _____

Female: ___ Male: ___ Age: _____

Second Team Member _____ Address _____ City _____ Zip _____

Phone _____ Date of Birth _____ Signature (Mandatory for each runner/or parent of entrant is under 18)

T-Shirt Size: **S M L XL XXL** Email Address _____

Female: ___ Male: ___ Age: _____

Third Team Member _____ Address _____ City _____ Zip _____

Phone _____ Date of Birth _____ Signature (Mandatory for each runner/or parent of entrant is under 18)

T-Shirt Size: **S M L XL XXL** Email Address _____

Female: ___ Male: ___ Age: _____

Fourth Team Member _____ Address _____ City _____ Zip _____

Phone _____ Date of Birth _____ Signature (Mandatory for each runner/or parent of entrant is under 18)

T-Shirt Size: **S M L XL XXL** Email Address _____

Individual Form

Female:___ Male:___ Age:_____

Name Address City Zip

Phone Date of Birth Signature (Mandatory for each runner/or parent of entrant is under 18)

T-Shirt Size: **S M L XL XXL** Email Address _____

Bear Crawl Obstacle Mud Run, June 21, 2014
Registration/Waiver, PLEASE READ WAIVER PRIOR TO SIGNING

In consideration of the acceptance of this entry and of being permitted to participate in the Bear Crawl Obstacle Mud Run, I hereby for myself, my heirs, executors, administrators assigns and anyone entitled to act on my behalf, release and discharge the Bear Crawl Obstacle Mud Run, the Cumberland Tourist Commission and the City of Benham, KY., and all their representatives and successors, promoters, managers, directors, officials, agents, officers, employees and volunteers from any and all claims of injury, illness, death, or damages of any kind suffered by me as a result of my participation in , or traveling to or from this event. I understand and appreciate that running or walking in a road race/obstacle course is a potentially hazardous activity.

I realize that this is a strenuous event which requires a high level of physical conditioning to move in, around, over and through numerous obstacles. I hereby certify that I am in good physical condition and in general good health. I understand that I should not enter and participate in the event unless I am physically able to do so. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I appreciate and assume all risks (known and unknown) associated with participation in this even, including, but not limited to, steep and uneven terrain, deep water, contact with other participants, the effects of the weather (including high heat or humidity), difficult obstacles along the event course, traffic, and conditions of the road and trail.

I freely and voluntarily and without any inducement sign below

Name (please print)

Participant Signature

Date

PLEASE RETURN ONE SIGNED WAIVER FORM FOR EACH REGISTERED PARTICIPANT

FOR FURTHER INFORMATION PLEASE CALL 606-589-5812

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