



Mark your calendar for April 30, 2022!

It's our 9th Annual Race to Raise and we are excited to be building on the success of our previous years! With over 300 in attendance, including 250+ runners, you won't want to miss out on being a part of such a wonderful cause!

Our 2022 Race to Raise 5K will highlight downtown Seguin, including the new Walnut Springs Trail and Park West! All proceeds will benefit our LifeSaver Grant Program, with a portion designated for the general endowment to ensure the future of GRMC. Funds raised will be used to purchase equipment and materials and provide support for programs that enhance and advance patient care at GRMC.

Join us for a great time and a great cause ... door prizes, food & beverages, fun and more! Be sure to stick around after the race for Seguin's Annual Earth Day Celebration!

Saturday, April 30 @ 8:30 AM

Race to Raise is a chip-timed 5K Run/Walk that will begin and end in downtown Seguin in front of Seguin Brewing Company. The race route will go through downtown Seguin, highlighting Walnut Springs Trail, looping through Park West and ending back at Seguin Brewing Company. Race day registration will begin at 7:30 AM. Additional parking is available at the Justice Center. Your registration will include a craft beer & t-shirt.

Packet Pick Up:

Early Packet Pickup:

April 28 - 29 • 1pm - 8pm

at Guadalupe Regional Wellness Center

Race Day Packet Pickup:

Seguin Brewing Company • 111 W. Gonzales • 7:30am

Prizes Awarded For Top Overall Male & Female Participants

5K Age Groups: 19 & under • 20-29 • 30-39 • 40-49 • 50-59 • 60-69 • 70+

Kids 1 Mile (12 & under): Top Overall Male & Female (12 & Under)

EVENT INFORMATION

How to Register:

- Visit Guadalupe Regional Wellness Center
- Register online at www.grmedfoundation.org
- Register online at www.athleteguild.com

Mail or deliver registration form to

Guadalupe Regional Wellness Center

1339 E. Court St.

Seguin, TX 78155

Register before April 11, 2022 and be guaranteed an event shirt.

Guadalupe Regional Medical Foundation Race to Raise: 2022 5K Walk/Run

Please complete one form for each participant

Name _____ Age on Race Day _____ DOB _____ Male Female

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____ Shirt Size Adult Youth

S M L XL XXL

Entry Fees:

5K Registration Fee Adult \$35

+ \$10.00 Registration after April 11

+ \$5.00 Race Day Registration

+ \$35.00 Sleep-In Supporter

Kids 1 Mile (12 & under) Child \$25 New this year!

Total Registration Fee \$ _____

Participant Waiver: In consideration of the acceptance of this entry form for the Guadalupe Regional Medical Foundation (GRMF) Race to Raise 5/10K Run, and/or kids 1 mile, I waive for myself and my heirs, successors and assignees any and all claims for damages which I might have against the Guadalupe Regional Medical Foundation, Guadalupe Regional Medical Center, or City of Seguin or any of the sponsors of the event as a result of any and all injuries which might be received in the above mentioned competition. I attest and verify that I have full knowledge of the risk involved in this event and I am physically fit and sufficiently trained to participate in this event. I am aware that this event is sponsored by the Guadalupe Regional Medical Foundation. In consideration of the entry of the GRMF Race to Raise event, I waive for myself, my heirs, successors and assigns, any and all claims for damage which I might have against GRMF, its directors or the sponsors. I attest I have full knowledge of the risks involved with this event. I hereby grant full permission to use my photographs, video tapes, recordings or other record of any event in the GRMF Race to Raise event for any legitimate purpose.

Participant Signature _____

Date _____

(Parent/Guardian signature required if under 18)