

# "ENTRY REGISTRATION"



## HHRF Charity Memory Trail Run/Walk at Tim's Ford State Park

*Tim's Ford State Park Recreation Hall ~ Saturday, October 7, 2017*

*"Runners and walkers of all ages are welcome to participate! ~ Easy to moderate paved trail."*

Hospice of the Highland Rim Foundation, Inc. (HHRF) is a non-profit charitable organization assisting hospice patients who are suffering end-of-life hardship due to their illness. HHRF is the only non-profit hospice charity to help these special patients and their families while on hospice services.

**Proceeds directly benefit hospice patients in Bedford, Cannon, Coffee, Franklin, Grundy, Lincoln, and Moore Counties!**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

PHONE NUMBER (CELL AND/OR HOME): \_\_\_\_\_

E-MAIL: \_\_\_\_\_

EMERGENCY CONTACT NAME: \_\_\_\_\_

EMERGENCY CONTACT PHONE: \_\_\_\_\_

Male: \_\_\_\_\_ Female: \_\_\_\_\_

\*AGE ON RACE DAY: \_\_\_\_\_

SHIRT SIZE: (CIRCLE ONE) ADULT SIZES: S M L XL 2XL

YOUTH SIZES: S M L XL

**Enclose is my registration Fee: Individual \$35: \_\_\_\_\_ Family and/or Team up to Five Individuals \$100: \_\_\_\_\_**

(A registration form is needed for each person on your team. Please make a copy for each member of your team.)

I AM RUNNING / WALKING IN MEMORY/HONOR OF: \_\_\_\_\_

NAME OF TEAM: \_\_\_\_\_

I am unable to attend the 5K and I want to help HHRF with hospice patients in Bedford, Cannon, Coffee, Grundy, Franklin, Lincoln & Moore Counties. Enclose is my gift of: \$35 \_\_\_\_\_ \$50 \_\_\_\_\_ \$100 \_\_\_\_\_ Any Amount \$ \_\_\_\_\_

### WAIVER:

I know that running/walking on a road or trail 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 I 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/walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, 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 in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Hospice of the Highland Rim Foundation, Inc., all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation of this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing for use of my likeness in photo, video or other media for promotion of other legitimate purpose. The Hospice of the Highland Rim Foundation, Inc. and all event sponsors will not share your personal information except as required by law. You may be contacted by Hospice of the Highland Rim Foundation, Inc. about other events and races hosted by Hospice of the Highland Foundation, Inc. You will have the opportunity to unsubscribe from future contact.

\*Signature: \_\_\_\_\_

\*Parent Signature (If under 18): \_\_\_\_\_

Registrations will be accepted until the day of the race; however, registrations received **after Friday, September 22nd** you **WILL NOT** be guaranteed a t-shirt. Registrants before that date will receive a runner's bag that will include a t-shirt, bib and timing chip. **Finishing medals will be given to all participants in the race. Top male and female runner/walkers will be announced.** Check-in will start at the recreation hall at Tim's Ford State Park at 7:30 a.m. The run/walk begins at 9:00 A.M. Water and sport drinks will be provided for all runners' pre-race with light snacks and announcements post-race.

For additional information for **SPONSORSHIP, REGISTRATION and VOLUNTEER OPPORTUNITIES**, please visit our website at [www.hospiceofthehighlandrim.org](http://www.hospiceofthehighlandrim.org); or contact our office at (931)-563-7439; Fax: (931)-563-7482; E-Mail: [HHRF@lighttube.net](mailto:HHRF@lighttube.net). Make copies of this form to share with family, friends and neighbors who would like to participate! Mail completed form to: HHRF ~ 110 E. Lauderdale St. ~ Tullahoma, TN 37388.

