



HHRF Hospice Charity 5K Trail Run/Walk



Tim's Ford State Park

Saturday, October 7, 2017

Check-In Process Begins at the Recreation Center at 7:30 AM ~ Race Starts at 9AM

**Individual Registration Fee \$35 ~ Family or Team up to Five Individuals \$100*

Prizes for top male and female runner will be "A Day in Lynchburg" donated by Jack Daniel's Distillery and will include a free tasting tour at the distillery and lunch at Miss Bobo's Boarding House.

Prizes for top male and female walker will be dinner at Applebee's in Tullahoma.

Registrations will be accepted until the day of the race; however, registrations received *after Friday, September 22nd WILL NOT* be guaranteed a chipped bib or t-shirt.



This is a SCENIC out and back trail that is easy to moderate. The course will continue down a paved path to the bike bridge that crosses the water around the campground and continuing to your turnaround point at the main campground entrance. The path then continues back to the recreation hall.



Proceeds Directly Benefit Hospice Patients in

Bedford, Cannon, Coffee, Franklin, Grundy, Lincoln, and Moore Counties!

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 hospice patients in our community.



For registration forms, volunteer positions, and sponsorship opportunities visit HHRF's website at www.hospiceofthehighlandrimfoundation.org.

All forms can be printed directly from our website! You may call our office at (931) 563-7439 or email us at HHRF@lighttube.net for an application.

Registration forms to participate in the event can be printed from Tim's Ford State Park website at:

<http://tnstateparks.com/parks/events/tims-ford/#/?park=tims-ford>



Like Hospice of the Highland Rim Foundation, Inc. (HHRF) and Tim's Ford State Park on Facebook for updates!