

# REGISTRATION ENTRY FORM



## Hospice 5K Turkey Trot & One Mile Fun Run

Tim's Ford State Park ~ Saturday, October 21, 2023

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

To be guaranteed a t-shirt mail or fax registration by Noon Friday, October 6, 2023

**Check-in at 7:30 a.m. and race starts at 9:00 a.m.**

Hospice of the Highland Rim Foundation, Inc. (HHRF) is the only non-profit charitable organization assisting hospice patients who are suffering end-of-life hardship due to their illness in our local area. **Mail registration form to: HHRF ~ 101 Bragg Circle ~ Tullahoma, TN 37388**

**Visit our website at [www.hospiceofthehighlandrimfoundation.org](http://www.hospiceofthehighlandrimfoundation.org)!**

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

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

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

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

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

### Participant(s) Information for Hospice 5K Run/Walk and One Mile Fun Run

**A registration form is needed for each person who enters the race and all information is required to enter race.**

Individual entry fee \$35: \_\_\_\_\_ Entry fee up to Five Individuals \$100: \_\_\_\_\_ TEAM NAME \_\_\_\_\_

EMERGENCY CONTACT PERSON **NAME:** \_\_\_\_\_

EMERGENCY CONTACT PERSON **PHONE NUMBER:** \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ **AGE ON RACE DAY** \_\_\_\_\_ (Required)

**SHIRTS: ADULT SIZES:** S M L XL 2XL **YOUTH SIZES:** S M L XL

(Please circle shirt size)

\_\_\_\_\_ I AM **RUNNING** IN MEMORY/HONOR OF \_\_\_\_\_

\_\_\_\_\_ I AM **WALKING** IN MEMORY/HONOR OF \_\_\_\_\_

\_\_\_\_\_ **One Mile Fun Run** Participant(s) IN MEMORY/HONOR OF \_\_\_\_\_

\_\_\_\_\_ I am unable to attend; however, I would like to donate the following to help hospice patients in Bedford, Cannon, Coffee, Grundy, Franklin,

### 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, October 6th** **WILL NOT** be guaranteed a t-shirt. **Top male and female runner/walkers will be announced.** Check-in will start at the Visitors Center at Tim's Ford State Park at 7:30 a.m. All events begin at 9:00 A.M. Winners will be awarded post-race at the visitors' center. Light snacks and drinks will be provided for all participants and guess.



101 Bragg Circle. ~ Tullahoma, TN 37388 ~ Phone: 931.563.7439 ~ Fax: 931.563-7482  
E-Mail: [HHRF@lighttube.net](mailto:HHRF@lighttube.net) ~ Website: [www.hospiceofthehighlandrimfoundation.org](http://www.hospiceofthehighlandrimfoundation.org)