

## Newspaper Article

### Sing-up is on for HHRF's Charity 5K Run/Walk at Tims Ford State Park

October is a great month for outdoor activities with the crisp air and fall foliage and to join Hospice of the Highland Rim Foundation (HHRF) for their first 5K Hospice Charity Run/Walk hosted by Tims Ford State Park. This event will be held on Saturday, October 7<sup>th</sup> with check-in starting at 7:30 a.m. and the run/walk beginning at 9:00 a.m. Proceeds will directly benefit hospice patients in Bedford, Cannon, Coffee, Franklin, Grundy, Lincoln and Moore Counties. This is an out and back, scenic wooded lakeview paved path that is easy to moderate. The course will continue to the bike bridge that crosses the lake to your turnaround point at the main campground entrance. HHRF is the only non-profit hospice charity to help hospice patients in our community. HHRF assistance hospice patients with utility bills and food while on hospice care regardless of which hospice provider the patient chooses for end-of-life care. Fruit, light snacks and water will be provided for participants. Prizes will be given to the top male and female runner and top male and female walker. Sponsored prizes includes "A Day in Lynchburg" for two. Friday lunch buffet by Emil's Bistro and Marketplace and a certificate and gift from The Flower Shoppe Gifts and Interiors of Tullahoma. Donating sponsors includes Jacobs, Coffee County and Manchester Funeral Home, Dairy Queen of Decherd, U.S. Bank of Manchester and Tullahoma, Duck River Electric Membership Corporation, Stephen M. Worsham, Attorney at Law in Tullahoma, Marcrom's Pharmacy, P.C. in Manchester, and Richard's Waste Removal of Fayetteville. Individual registration is \$35 and a family or team up to five people is \$100. Registrations will be accepted until the day of the race; however, ***to be guaranteed a timing chip and t-shirt, your registration must be submitted by Friday, September 29<sup>th</sup>*** to Hospice of the Highland Rim Foundation at 110 E. Lauderdale St. Tullahoma, TN 37388. Forms can be downloaded at [www.hospiceofthehighlandrimfoundation.org](http://www.hospiceofthehighlandrimfoundation.org).