



Hospice 5K Turkey Trot Tim's Ford State Park ~ Saturday, October 27, 2018

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

To be guaranteed a timing chip and t-shirt mail registration by **Friday, October 12, 2018 or register online!**

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 ~ 110 E. Lauderdale St. ~ Tullahoma, TN 37388**

Visit our website at www.hospiceofthehighlandrimfoundation.org!

NAME: _____

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. All information is required to enter race.

Individual entry fee \$35: _____ Entry fee up to Five Individuals \$100: _____

EMERGENCY CONTACT PERSON NAME: _____

EMERGENCY CONTACT PERSON PHONE NUMBER: _____

Male _____ Female _____ AGE ON RACE DAY _____

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, Lincoln, and Moore Counties: Enclosed 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, October 12th WILL NOT** be guaranteed a timing chip or t-shirt. **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. All events begin at 9:00 A.M. Winners will be awarded post-race at the recreation hall. Light snacks and drinks will be provided for all participants and guess.



110 E. Lauderdale St. ~ Tullahoma, TN 37388

Phone: 931.563.7439 ~ Fax: 931.53

E-Mail: HHRF@lighttube.net ~ Website: www.hospiceofthehighlandrim.org