



# HOPE DAYS 5K RUN/WALK

Thursday July 11<sup>th</sup>, 2019 at 7pm

## Cost

\$15 per person or \$30 per family of three or more. Please make checks payable to Hope Days. All proceeds will go towards Hope Days 2019.

## Registration + Race Details

**Deadline for registration and a t-shirt is June 19th at 5pm.** If you register after June 19th, shirts are not guaranteed. You may also register the day of the race at the on-site registration. On site-registration and packet pick-up is the day of the race: Thursday, July 11th, from 5:30-6:30pm. The race will start at 7:00pm. This will not be a timed event, so if you are interested in tracking your time, you will need to supply your own timing device.

## Payment

Please fill out the information below and mail with payment before June 19<sup>th</sup>. If the form is received after June 19th at 5pm you will not be guaranteed a shirt.

Mail to:

Katie Hashbarger  
PO Box 176  
Hope, ND 58046

**Please make checks payable to Hope Days**

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## Race Entry Form - Please Print Legibly

Name:	Age:	Sex:	Single or Family (Please Choose One)				
Address:			Single (\$15)    Family (\$30)				
Phone Number and/or Email:							
Shirt Size: <b>Youth</b>	XS	S	M	L	XL		
<b>Adult</b>	S	M	L	XL	2XL	3XL	4XL

## Waiver (Must Be Signed)

In consideration of your accepting this entry, I, the below signed, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release and any all rights and claims for damages I may have against the race, and sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event as a footrace, that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

Signature:

Date:

Parent/Guardian if under 18:

Emergency Contact:

Phone: