

**Hope Days 5K Run/Walk/Roll
Senior 1mile Run or Walk
July 9, 2016 7:30 AM**

Proceeds to benefit Hope Community Pool and Steele Co. Food Pantry

Race Day Registration 6:45 am - 7:15 am at City Hall - Hope, North Dakota

Fee - \$25 –ages 10 and under \$15(includes shirt)
Pre-registered 5K participants guaranteed race shirt in their size
Tee Shirts - Lunch

Contact Carmen Richards – randy.carmen@gmail.com or call 701-430-0855

Mail form and entry fee to: Carmen Richards
13185 6th St. S.E.
Hope, ND 58046

Make checks to: Redeemer Lutheran Women of ELCA

Age_____ Date of Birth_____

Sex: M_____F_____ T-Shirt size: S___ M___ L___ XL___

Name_____

Phone_____ E-mail_____

Address_____

In consideration of acceptance of my entry, I undersigned intending to be legally bound for myself, my heirs, executors and administrators do hereby release any and all sponsors of this race and their representatives, successors and assigns, from any and all liability from illness or injuries I may suffer as a result of participating in this event. I understand entry fees are not refundable.

Signature_____ Date_____

Signature_____ Date_____

Parent/Legal Guardian if under 18