



## HOPE & HONOR 7K RUN

TO BENEFIT WOUNDED WARRIOR PROJECT

**SATURDAY, MARCH 8TH AT 9AM**

OKEENA PARK / DYERSBURG, TN

Hope & Honor 7K Run is a 4.4-mile race course beginning and ending at Okeena Park in Dyersburg, TN. There will also be a 2-mile walk course. All ages may participate. This is a Rain or Shine event. Chip timing will be used by our timing company, Split Master.

Please plan to check-in on race day between 8:00am & 8:30am at Registration in the pavilion at Okeena Park for your race-day packet. Registration will be closed no later than 8:30am. (\*Anyone who has not checked-in at registration by 8:30am will not receive chip timing, and their official race time will not be taken into account for awards.) The 7K Run & 2-mile walk will begin promptly at 9:00am. The Awards Ceremony will be immediately following the race. 100% of all race entry fees go to Wounded Warrior Project. The first 100 participants get a Hope & Honor Run *Limited Edition* T-shirt!

**\$25 Registration: Feb 9 - March 1**

**\$30 Race-Day Registration at 8am & Closed at 8:30am**

Registration online at: [RUNSIGNUP.COM](http://RUNSIGNUP.COM), & [RACEIT.COM](http://RACEIT.COM)

Circle What Event You Are Participating In: \_\_\_\_\_ 7K RUN \_\_\_\_\_ 2-MILE WALK \_\_\_\_\_

Your Name (please print): \_\_\_\_\_ Gender: \_\_\_\_\_ Age [on race day]: \_\_\_\_\_

Address: \_\_\_\_\_ City/State: \_\_\_\_\_

Cell #: \_\_\_\_\_ Circle T-shirt Size: \_\_\_\_\_ Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ XL \_\_\_\_\_

Total Amount Enclosed: \$ \_\_\_\_\_

I acknowledge and fully understand that running [volunteering for] the Hope & Honor Run is a potentially hazardous activity, which could cause injury or death. I understand I am committing to run a 4.4mile race course. 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 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 in this event, including but no 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 [insert any specific risks related to your here, e.g. "the alligators who bask in the sun at the corner of 4th and Sunset St..."], 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 inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Hope & Honor 7K Run, the City of Dyersburg, Okeena Park, Burks Broadcasting, Burks Beverage, Wounded Warrior Project, Ultimate Fitness, Physical Therapy of Dyersburg, and any/all sponsors associated with this event, their representatives and successors from all claims or liabilities of any kind arising out of my participation in 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 of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Signature (if under 18 years): \_\_\_\_\_ Date: \_\_\_\_\_



**MAIL THIS COMPLETED FORM & FEE TO: 2555 Burks Place, Dyersburg, TN 38024.**