

18th Annual

HOPS AND HOPE 5K & ONE MILER

**with Great food, Grand Comraderie, and Extraordinary Brews.
AND RAISING MONIES FOR A LOCAL KNOXVILLE FOOD PANTRY.**

DATE TIME PLACE Sunday evening, October 29, 2017. Races start at 4:00 pm with Octoberfest Celebration from 5:00-7:00 pm Starts and Finishes at the Tennessee Valley Unitarian Universalist Church, 2931 Kingston Pike, Knoxville.

COURSE DESCRIPTION Course follows the curves and bumps of the 3rd Creek Greenway.

REGISTRATION AND FEES All pre-registered runners must postmark entry forms no later than Saturday, October 21, 2017. Fees: \$25.00 (includes race, t-shirt, and Octoberfest). Late and afternoon-of-race registration: \$35.00. 50% discount for all runners/walkers 12 years and younger.

T-SHIRTS Cool shirt. Colorful, dramatic, definitely not for use as a car rag. All pre-registered runners to receive shirts on race day. Late registrants receive shirts as supplies last or at later date.

AWARDS Awards to the Overall and Overall Master, male and female. Other awards in the following divisions: Male and Female: 14 and under, 15-24, 25-34, 35-44, 45-54, 55-64, 65-75, 76 and over. Additional random drawings. Overall winners not eligible for age division awards. Awards must be picked up by winners. They will not be mailed.

AWARDS CEREMONY & POST RACE FESTIVAL AND PARTY Here's an opportunity to sample great Highland brews from Ashville. Traditional Octoberfest fare. Also alternative soft drinks and/or VEGETARIAN menu.

PROCEEDS All proceeds will be used to benefit a local Knoxville food pantry.

INFORMATION Contact Race Director Allan Morgan at (865) 789-4434. allanedwardmorgan@gmail.com



OFFICIAL 2017 HOPS AND HOPE 5K & ONE MILER FESTIVAL ENTRY FORM

Race Number

Address _____

Name _____
Last _____

City _____ State _____ Zip _____

First _____

Phone(____)____-____

E-Mail Address _____

5K Race Male

Additional Octoberfest Festival Tickets at \$10.00 _____ Kids\$5.00 _____

One Miler Female

Additional Donations to a food pantry \$ _____

Age as of October 29, 2017 _____

In case of emergency, call _____ at Phone _____

Birthdate(month/day/year) ____/____/____

Baby Joggers Welcome on the Course. Folks from Five to Ninety-Five Are Invited to Come and Enjoy the Festivities.

Circle T-shirt size S M L XL

ATHLETE'S RELEASE: PLEASE READ, TO RUN THE RACE, YOU MUST SIGN AND DATE IT.

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in the HOPS and HOPE 5K unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and/or volunteering to work in the aforementioned race, including but not limited to falls, contact with other participants, the effects of weather, including high heat or humidity, ice and snow, the condition of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I for myself, and anyone entitled to act on my behalf, waive and release to THE TENNESSEE VALLEY UNITARIAN-UNIVERSALIST CHURCH any and all members thereof, and all further sponsors, their representatives, successors, from all claims or liability of any kind arising out of my participation in the aforementioned event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all the foregoing to use any photograph, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Fill Out Completely and Mail with Entry Fee to:

Allan Morgan, Hops & Hope 5K
3530 Talahi Dr.
Knoxville, TN 37919

Make checks payable to
The TVUUC Food Pantry. (No refunds)

Athlete's Signature

& if under 18, parent's signature

Date