

Run for Hope 5 K Run/Walk - Bridge Bash 2015

Big Spring Park / Saturday, September 26th ~ 8 am

Runner #1: _____ email: _____

Runner #2: _____ email: _____

Runner #3: _____ email: _____

Runner #4: _____ email: _____

Runner #1's Mailing Address: _____

Phone # (____) _____ Representing a Food Bank Agency? _____
(Agency Name)

Pre Registration \$20 (by September 15th) - Race Day Registration \$25

I am going to "Run for Hope" I will need the following t-shirt size(s)

_____ S _____ M _____ L _____ XL _____ XXL _____ XXXL

(1 T-Shirt per runner donation of \$20 while supplies last, please indicate the number of each size needed)

Pre Race Packet Pick Up: Friday 5:00pm to 7:00pm

Race Day Registration: Saturday 8:00am to 8:20am

Race Start Time: Saturday 8:30am

Building bridges from hunger to hope



OF NORTH CENTRAL ARKANSAS

Pre-registrations MUST be postmarked by September 7th to:

Food Bank of North Central Arkansas

PO Box 128

Norfolk, AR 72658

Make Checks Payable to: *Food Bank of North Central Arkansas*

Write: *"I Run for Hope"* in the memo

Or pre-register online by September 15th at foodbanknca.com

You may also register the day of the race for an additional \$5 fee

On behalf of myself and my heirs, I indemnify and hold harmless The Food Bank of North Central Arkansas, its employees, trustees, volunteers, coordinators, participants, equipment providers, and Agencies from any and all costs, liabilities and claims, of every kind and nature whatsoever, arising directly or in-directly, from my participation in activities or use of services, including any legal costs and expenses and the costs of medical or other expenses incurred for my benefit. I give my permission for FBNSA to use my/my child's photo for publicity purposes.

Runner #1 Signature _____

Runner #2 Signature _____

Runner #3 Signature _____

Runner #4 Signature _____



#BridgeBash2015
#Run4Hope #Stand4Hope

100% of 5K donations go toward hunger relief efforts in north central Arkansas.

Every \$1 raised through the Run for Hope 5K **provides 5 meals for those in need!**