

10th Anniversary

HOPS AND HOPE 5K

**with Great food, Grand Camaraderie, and Extraordinary Brews.
AND RAISING MONIES FOR THE FISH FOOD PANTRY !**

DATE TIME PLACE Sunday evening, October 25, 2009. Race starts 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 17, 2009. Fees: \$25.00 (includes race, t-shirt, and Octoberfest). Race only: \$15.00. Late and afternoon-of-race registration: \$30.00. Race only: \$20. TVUUC/KTC Members entitled to \$5.00 discount. No discount on raceday.

T-SHIRTS Traditionally one of the most beautiful shirts in Knoxville area racing. All pre-registered runners to receive shirts on raceday. Late registrants receive shirts as supplies last or at later date.

AWARDS To the top overall, top masters (40+) and top grandmasters (50+) male and female. Other age awards three deep in the following: MALE & FEMALE: 8 and under, 9-12, 13-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70-79, 80-89, 90+

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 Awards ceremony will be at approximately 6:00 p.m. during the festival. Here's an opportunity to sample micro-specialty brews, Octoberfest style German food including bratwurst, kraut, and more. Also alternative soft drink and/or VEGETARIAN menu.

RESULTS Complete results will also be posted on the Knoxville Track Club's Web Site: www.ktc.org.

PROCEEDS All proceeds will be used to purchase food for the TVUUC Fish Food Pantry, part of an interdenominational association of local churches providing food to those in need in the Knoxville community.

INFORMATION Contact Race Director Allan Morgan at 522-5881. allanmorgan@comcast.net

OFFICIAL 2009 HOPS AND HOPE 5K FESTIVAL ENTRY FORM

Race Number

Name _____
 Last _____
 First _____

Address _____
 City _____ State _____ Zip _____
 Phone (____) _____ - _____

Sex: male female

Age (as of 10-25-09) _____

Birthdate m. ____ d. ____ y. ____

E-Mail Address _____

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

Additional Donation to the FISH Food Pantry \$ _____

In case of emergency, call _____ at Phone _____

TVUUC/KTC \$5.00 Discount

Circle T-shirt size S M L XL XXL

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

Fill Out Completely and Mail with Entry Fee to:
 Allan Morgan, Hops & Hope 5K
 3530 Talahi Dr.
 Knoxville, TN 37919

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.

Make checks payable to
 The TVUUC FISH FOOD PANTRY (No refunds)

 Athlete's Signature

 & if under 18, parent's signature

 Date