

Hermitage Lions Club and the Hickory County Community Improvement Foundation



**Celebrate American Hiking Society's *National Trails Day*<sup>®</sup>  
with a  
Run or Walk for Child Safety!**

**The Hickory County Community Improvement Foundation will use the proceeds generated from this event to benefit the Hickory County Child Safety Campaign.**

**Location:** Pomme de Terre Lake, U.S. Army Corps of Engineers Outlet Park (below the dam)

**Course:** The Running River Trail is a forested loop with a finely rocked surface

**Date & Time:** June 7<sup>th</sup>, 2014 at 9:00 a.m.

**Register:** Pre-register or register on race day beginning at 7:30 and not later than 8:45 a.m.

**Awards:** Three medals (1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place) will be awarded in each age division regardless of gender. The age divisions are listed below:

**10 & Under    11-14    15-19    20-29    30-39    40-49    50-59    60 and over**

Trophies will be awarded to the overall fastest male and female.

A traveling trophy will be awarded to the Hickory County School District with the greatest amount of student body and faculty participation.

A t-shirt will be provided to each registered runner.

**Fee:** \$20.00 pre-registration. \$25.00 on race day

**Pre and post race refreshments and snacks!**

**Thanks to:** U.S. Army Corps of Engineers, Hickory County Community Improvement Foundation (HCCIF), Hermitage Lions Club, Hickory County Health Department, Teen Outreach Program (TOPS) Kids and a very special thank you to the many other volunteers who made this annual run possible!

American Hiking Society's National Trails Day<sup>®</sup> is a nationally recognized trail awareness program that occurs annually on the first Saturday of June and inspires the public to discover, learn about, and celebrate trails while participating in outdoor activities, clinics, and trail stewardship projects. National Trails Day<sup>®</sup> is a registered trademark of American Hiking Society.

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## 2014 Running River Trail 5K Entry Form

**Bib #**

(Assigned on race day)

T-Shirt Size: Adult Sizes S - M - L - XL - XXL

Male \_\_\_\_\_ Female \_\_\_\_\_ Age on 6/1/2014: \_\_\_\_\_ E-mail: \_\_\_\_\_

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

School Name (if applicable) \_\_\_\_\_

### WAIVER

In consideration of the acceptance of this entry in the 2014 Running River Trail 5K, I hereby waive, release, and forever discharge any and all rights and claims for myself, my heirs, executors and assigns, against the organizers of this event or any of their affiliates, agents, employees, representatives, assigns, servants, or volunteers. This release includes, but is not limited to, the U.S. Army Corps of Engineers, Hickory County Community Improvement Coalition, Hickory County Health Department, Hickory County Sheriff's Posse, Teen Outreach Program (TOPS), and their agents, employees, representatives, assigns and volunteers. This release is to include any and all claims for personal injury, illness, death or damage that may directly or indirectly result from my participation in this event. By signing below, I specify that I am in acceptable medical condition to participate in this event and that I am of sound mind to execute this waiver.

\_\_\_\_\_  
Signature of participant

\_\_\_\_\_  
Signature Parent/Guardian  
(if participant under age 18)

Contact information / completed entry forms:

U.S. Army Corps of Engineers

Attn: Running River 5K

Rt 2 Box 2160

Hermitage, MO 65668

417/745-6411

**Make checks payable to: HCCIF**



**US Army Corps  
of Engineers®**