

High Plains Harriers & Hospice Downtown Todeloo 5K/10K Run/Walk Information

Event

High Plains Harriers & Hospice of Laramie invite you to run off your Jubilee Days indulgences with a scenic 5K/10K Run/Walk that starts and finishes at the First Street Plaza.

Times

Race Registration: 6:15 – 7:15am

10K starts 7:30am

Toddle-loo Kid's Run Start: 7:45am

5K starts 8:00am.

Awards

Awards to top three overall male and female finishers and Master's male and female runners.

Registration

Register by mail using the form on the reverse side. Registration ends 7/6/16. Race day registration will be available.

Course Information

Runners will make their way around beautiful Downtown Laramie as part of the annual Laramie Jubilee days Celebration. The race will go on rain or shine. Race timing will be timed by the Journeyman Adventure Enterprises.

Corporate Sponsorship

Contact Terri Longhurst by email at Terri@hospiceoflaramie.org



Hospice of Laramie

1754 Centennial Drive
Laramie, WY 82070
Phone: 307-745-9254

Terri@hospiceoflaramie.org

HIGH PLAINS HARRIERS & HOSPICE
DOWNTOWN

Todeloo

5K/10K Run/Walk

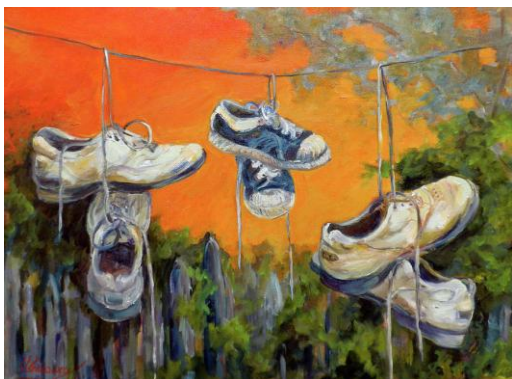


Saturday, July 15, 2017

**Race Times: 7:30am for 10K
8:00am for 5K**

**First Street Plaza
(1st & Grand)
Laramie, WY**

HOSPICE
of
LARAMIE



Downtown Todeloo 5K/10K ~ Entry Form

Name: _____ Phone: _____

Address: _____ City _____ State and Zip _____

Email: _____ DOB: _____ Age: _____

Check your payment: *In order to compete, you must be in good health and physically prepared to take on the challenges of the event you register for. Registration is available in advance or on race day. Skateboards, skates, and bikes are prohibited on the course. Pre-register by July 6, 2015 to be guaranteed a T-shirt. On-site registration begins at 6:15am and Registration closes 7:15am day of the race.*

5K only \$20 5K Race Day \$25 10K only \$25 10K Race Day \$30 ***Entry Fee Includes: Pre/post race food, a great T-shirt, and other goodies!*

Kids **Toddle-loo** 100-yard dash FREE (no T-shirt for this race)

I am not able to participate in this Race, but please accept my donation. \$ _____ is enclosed.

Gender: Male Female

T-Shirt Size (Limited Quantities): S M L XL Youth M Youth L

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK:

Please read this form carefully and be aware that in signing up and participating in this event, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child might sustain as a result of participating in any and all activities connected with and associated with this event. I recognize and acknowledge that there are certain risks of physical injury to participants in this event, and I voluntarily agree to assume the full risk of any injuries, damages or loss, regardless of severity that my minor child or I may sustain as a result of participating in any and all activities connected with or associated with this activity. I further agree to waive and relinquish all claims I or my minor child may have (or accrue to me or my child) as a result of participating in this activity against Hospice of Laramie or Laramie Jubilee Days, including its respective officials, agents, volunteers and employees (hereinafter collectively referred as "Parties"). I do hereby fully release and forever discharge the Parties from any and all claims for injuries, damages or loss that my minor child or I may have or which may accrue to me or my minor child and arising out of, connected with, or in any way associated with this activity. I further agree that this agreement shall be governed by the State of Wyoming. I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims.

Signature of Applicant

Date

Signature of Parent (if under 18)

Date

Please send payment and make checks payable to:

Hospice of Laramie
Attn: TOODELOO
1754 Centennial Drive
Laramie, WY 82070



About Hospice of Laramie:

The mission of Hospice of Laramie is to promote acceptance of the process of dying as a natural potentially fulfilling part of life, while providing emotional, spiritual, social and material resources to support the dying, their families and friends.

About High Plains Harriers:

The High Plains Harriers running club is dedicated to promoting fitness through running in Laramie and southeast Wyoming. We encourage running at all levels by supporting competitive racing, fun runs, social runs, and trail running. We are involved in events year-round and aim to provide support to event organizers in addition to providing an avenue for local athletes to meet and train with others in the community.



All proceeds raised will directly benefit Hospice of Laramie patients and families.

