



DeFuniak Springs, Florida

Helping Hands Association, Inc.

A 501c3 Non-Profit Organization

Run Out Hunger in Walton County 5K Walk/Run and 10K Run October 15, 2016 – 8:00 am

Registration and packet pickup will be on Friday, Oct. 14th (2-7pm) and on Saturday, Oct. 15th (6:30-8 am)
Run begins at 8:00 am

The run starts at Southwide Baptist Church, 1307 Coy Burgess Loop, DeFuniak Springs, FL 32433.
The event will take place at the west entrance of the church on Millard Gainey Road and will continue to Coy Burgess Loop. The course includes flat roads along with some hills as you continue to the FINISH!

First 100 entries are guaranteed a race tee shirt!

5K Run 5K Walk 10K Run

Name: _____ Phone: _____

Birthdate: _____ Age: _____ Male Female

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Tee Shirt Size: Adult Small Adult Medium Adult Large Adult XLarge Adult XXL (\$2 more)
 Youth Small Youth Large

I know that running a road race is a potentially hazardous activity. I should not enter, run, or walk unless I am medically able and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and everyone entitled to act on my behalf, wave and release the officials, sponsors, Helping Hands Association Inc., the city of DeFuniak Springs and Walton County from all claims or liabilities of any kind arising out of my participation in the Run Out Hunger in Walton County 5K Run/Walk and 10K Run. I further state that I am in proper condition to participate in this event.

Signature _____ (Signature of Parent/Guardian if entrant is under 18 years old) _____ Date _____



Make checks payable to: Helping Hands Association, Inc.
To donate online or for more information go to:
www.HelpingHandsDFS.org/RunOutHunger
Direct questions to: help@helpinghandsdfs.org or (850) 307-7375