



**Saturday, April 1, 2017 | Plante's Ferry Park**

5K and 10K run and walk begins at 9 a.m.

Course and location are subject to change.

**REGISTRATION**

Before March 15 > **5K - \$30 with T-shirt, 10K - \$40 with T-shirt**

March 15 - 31 > **5K - \$35, 10K - \$45**

Day of race > **5K - \$40, 10K - \$50**

T-shirt not guaranteed after March 15.

Packet pickup information, race updates and online registration are available at [thehungerrun.org](http://thehungerrun.org).

**Make checks payable to:** Union Gospel Mission    **Mail registration and payment to:** PO Box 4066, Spokane, WA 99220  
(No pets allowed on race course.)    **Call for questions:** 509-532-3810

**DETACH AND RETURN LOWER PORTION WITH YOUR CHECK TO UGM. PLEASE PRINT CLEARLY.**

NAME: \_\_\_\_\_ SEX: \_\_\_\_\_

BIRTH DATE (MM/DD/YY): \_\_\_\_\_ ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

**T-SHIRT SIZE (if registration received by March 15):**

Adult Small\_\_\_ Adult Medium\_\_\_ Adult Large\_\_\_ Adult XL\_\_\_ Adult XXL\_\_\_

Youth Small\_\_\_ Youth Medium\_\_\_ Youth Large\_\_\_

**WAIVER:** I know that participating in this walk/run is potentially hazardous. I should not enter unless I am medically able and properly trained. I also assume any and all risks associated with this event including but not limited to falls, contact with other participants, the effects of weather including high heat, and/or humidity, snow, ice, rain or freezing temperatures and the condition of the roads and traffic, 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 hereby, for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Union Gospel Mission, Second Harvest, race director(s), race volunteers, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of participation in this event. I have read the above statement, I understand it, and my signature confirms its full acceptance.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE IF UNDER 18: \_\_\_\_\_ DATE: \_\_\_\_\_

Two Charities. One Cause.

