





# 20TH ANNUAL HIKE FOR HOSPICE

**Date:** Saturday June 15th, 2024  
**Location:** T.B. McQuesten Community Park

**Registration Opens** 10am  
**Open Ceremonies:** 10:30am  
**End** 1:00pm



## 3K Walk & 5K Run Registration Fee

**3K Walk: \$20**

**5K Run Adults: \$35 Registration**  
**(t- shirt included for runner registration only)**

**3K Walk OR 5K Run Kids 6-14: \$10 Registration**

**Kids Under 5: Free**

**Raise \$150 in pledges & receive the**  
**20th Annual Hike Anniversary reusable water bottle!**

### Event Highlights:

**3km Walk or 5km Run:** Lace up your sneakers or jogging shoes for the route through the beautiful T.B McQuesten Community Park. Whether you prefer a leisurely stroll or an invigorating run, there's a path for everyone!

**Family and Pet Friendly:** Bring the whole family, including your furry friends, for a day of outdoors and create lasting memories.

# Registration Form

## EVENT RELEASE:

Participant Name: \_\_\_\_\_  
 Team Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 Postal Code: \_\_\_\_\_  
 Telephone: \_\_\_\_\_  
 Email: \_\_\_\_\_

Emergency Contact Name and phone number:

\_\_\_\_\_  
 \_\_\_\_\_

## ATHLETE'S WAIVER & RELEASE:

In consideration of the acceptance of this entry for the Kemp Care Network, Hike for Hospice, I, for myself, my heirs, executors, administrators and assigns, waive any claim to which I may become entitled for injury or damage and release the Kemp Care Network and all other organizers, sponsors, representatives, their agents and employees and any other person or organization assisting in this event from any claims for damages or injury suffered by me as a result of my participation in or traveling to or from this event. I further state that I am in proper physical condition to participate in this event and am aware that participation could, in some circumstances, result in physical injury. I also give my permission for the free use of my name and picture in broadcast, telecast or written account of this event.

\_\_\_\_\_  
 Signature of Participant/Parent or Guardian Date  
 Or register online at: [kemp hospice.akaraisin.com/Hike2024](http://kemp hospice.akaraisin.com/Hike2024)

## FUNDRAISING TIPS

- Don't leave home without your sponsor form - that way you will always have it on hand and not lose the moment!
- Don't be afraid to ask! Tell people what you are doing and what it is for and most people will be more than willing to support you.
- Get your biggest sponsors on side first - it will encourage subsequent supporters to increase their support!
- If possible, ask people to pay you as they pledge their sponsorship. This will save you time following the event.