

## Why do you run?

Today, we run in honor of those who are not able to. We run because we can.

Amyotrophic lateral sclerosis (ALS), also known as Lou Gehrig's Disease, is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord. Voluntary muscle action is progressively affected when motor neuron cells die, and patients in the later stages of the disease may become totally paralyzed. Yet, through it all, most people's minds remain unaffected. Life expectancy for most people with ALS is usually two to five years following diagnosis, but with recent advances in research and improved medical care, many patients are living longer, more productive lives. As many as 30,000 Americans may be currently affected by ALS, and there is no known cause and no cure for ALS.

Haley's Hope was established in honor of a beloved daughter, sister, and friend—Haley Stevens—who was diagnosed with ALS at the age of 16. During her short battle, her family and friends knew that the only way to help others afflicted with this awful disease was to start raising money to help others afflicted with this disease.

Today, you run—in Haley's memory—to spread awareness and to raise money for a cure.

**Haley's Hope Hot N Hilly  
5K and 10K  
451 South Union  
Springfield, MO 65802**



**Springfield, MO August 18, 2018**

**2018 Haley's Hope Hot N Hilly  
5K and 10K**

**5K (3.1 miles)  
10K (6.2 miles)**

**James River Power Plant  
5701 S. Kissick**

**Saturday, August 18, 2018  
7:30 a.m. start time**

2016 Haley's Hope Hot N Hilly 5K and 10K  
Nonrefundable Entry Fee— \$25 per person  
(\$30 per person on race day, 08/18/18)

EVENT (circle one)    **5K**    **10K**

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Gender:    **Male**    **Female**

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

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

Phone: \_\_\_\_\_

Age on 08/18/2018: \_\_\_\_\_

Shirt Size:    **S**    **M**    **L**    **XL**

**WAIVER**

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be a possibility of traffic on the course. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event including, but not limited to falls, contact with other participants, the affects of the weather and the conditions of the roads, all such risks being known and appreciated by me. Furthermore, I agree to yield to all emergency vehicles. I also am fully aware that baby strollers and wheels of any kind (except competitive wheelchairs), animals, and headphones are strictly prohibited and I agree not to have them on the course. Furthermore, I agree not to go back onto the course after finishing. 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 and release and discharge any and all race sponsors, race officials, volunteers, local and state police including any and all of their agents, employees, assigns or anyone acting for or on their behalf from any and all claims or liability for death, personal injury, or property damage of any kind of nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to sponsors or agents authorized by them to use any photographs, video tapes, motion pictures, recordings, or any other record of this event for any purpose. Applicants for minor accepted only with a parent or guardian signature.

Signature: \_\_\_\_\_

Parent **MUST** sign if entrant is under 18 years of age!

Date: \_\_\_\_\_

Payment Method: \$ \_\_\_\_\_ Enclosed

Check made payable to: Haley's Hope

Memo Line: Hot N Hilly

Mail to ATC, 451 S. Union Ave., Springfield, MO 65802

Office Use Only: Total Received \$ \_\_\_\_\_

\_\_\_\_\_ Cash OR Check # \_\_\_\_\_

## 2017 Haley's Hope Hot N Hilly 5K and 10K

**DISTANCE:** 5K (3.1 miles) and 10K (6.2 miles)

**DATE:** August 18, 2018

**LOCATION:** Start and finish at the James River Power Plant, 5701 S. Kissick

**DIRECTIONS:** Take Hwy 65, turn west at Evans Road exit, follow Evans Road about 3 miles to power plant; or take Fremont south to the T (Briar St.), turn left and follow road to power plant.

**COURSE DESCRIPTION:** All on paved roads, this loop course is scenic, but challenging, containing mostly hills.

**PARKING AREAS:** Park below the dam, along the main road, or in the Lake Springfield Recreational Area.

**RACE START:** 7:30 a.m. (rain or shine)

**BIB PICKUP & RACE-DAY REGISTRATION:**

August 17, 2018 at ATC 451 S. Union, Springfield, MO before 5:30pm or on race day August 18, 2018 at James River Power Plant 6:30a.m.—7:15a.m.

**ENTRY FEES:** Register early for \$25, or register on race-day for \$30.

(Save \$10 Off the Harder Than Hell 1/2 Marathon at 7pm if you also run the Hot N Hilly at 7am—and you will receive a special gift! Harder Than Hell form must be filled out separately)

**REGISTRATION:** Fill out the entire entry form and mail with payment (make payable to Haley's Hope; memo line: Hot N Hilly) to ATC, 451 S. Union Ave., Springfield, MO 65802

Or Register Online:

<http://haleys-hope.com/hot-n-hilly-5k-10k/>

**DONATIONS:** Donations are gladly accepted and will be given to the Haley's Hope Foundation in memory of Haley Stevens.

**SHIRTS:** Early registrants (by 08/12/18) will receive great shirts on race-day. Everyone else will receive their shirts one week after the race by picking them up from ATC.

**AWARDS:** Will be awarded to the overall male and overall female, overall masters, and to the top three in 10-year age groups for both races.

**POST-RACE CELEBRATION:** Please join us after the races for lots of great snacks and great music!

**RACE DIRECTOR:** Rod Pennington,  
(417) 881-7595, Rod.Pennington@lfg.com

