

Barnyard Dash



5K Trail Run/Walk
1 Mile Fun Walk
October 10, 2015



Come out and run or walk this scenic 5K trail race that goes through the beautiful farmland of Upland Hills Farm. This race benefits Happy Home and Farm, a non-profit serving adults with developmental disabilities. The course takes you through pastures, gardens and woods where you'll race past animals, lakes and everything farm related! The course has hills and is unpaved. Families are encouraged to sign up but participants should be school age. Strollers are not recommended. The race will be timed. Check-in begins at 7:00 AM.

Come for the race, stay for the Harvest Festival!

Your race entry fee includes admission to the Upland Hills Farm Harvest Festival open 10:00 AM -5:00 PM. This festival has something for all ages.

Visiting the animals Milk a cow Pick a pumpkin

Watch a farm demonstration Take a pony ride

Be amazed at Baffling Bill's Magic Show

Enjoy a hayride in the woods Walk the storybook trail

Finish the day with a warm donut and beverage.

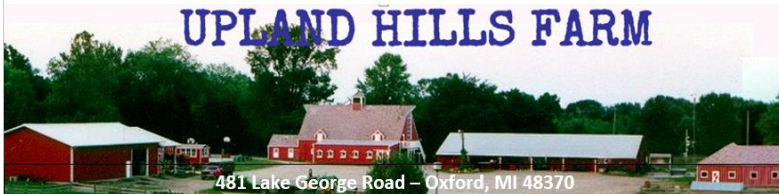
** Please note, some of these activities have additional cost

Check out www.uplandhills.com for more details

Want to come, but don't want to run or walk? Want to come along with the runner in the family and enjoy the Harvest Festival?

All non-5k run/walk participants get admission into the Harvest Festival at this discounted price (usually \$9.00) if you register before Oct. 4.

UPLAND HILLS FARM



481 Lake George Road – Oxford, MI 48370

Questions? happyhomeandfarm@yahoo.com (888) 406-2543

Fill out form below and mail with payment to: Happy Home & Farm, PO Box 80998, Rochester MI 48307-0998

Name _____

Address _____

Phone Number _____ Email _____

	Before Oct. 4th	After Oct. 4th
Single Entry 5K Run/Walk	\$30.00	\$40.00
Family (up to 5 people) Entry 5K Run/Walk	\$80.00	\$90.00
1 Mile Fun Walk	\$30.00	\$40.00
Family (up to 5 people) 1 Mile Fun Walk	\$80.00	\$90.00
Harvest Festival Entry (non-5K participant)	\$6.50	\$9.00

T-Shirts are guaranteed to all Run/Walk registrations that are received before Oct. 4

Please indicate size(s) of shirts.

Adult	Small	Medium	Large	Xlarge
Youth	Small	Medium	Large	Xlarge