

# GrowingHopeFarms

**Mission:** Our Mission at Growing Hope Farm is simple: to allow adults with developmental disabilities to be as independent as possible through structured, daily programming. Founded by the Cole family and built with outstanding and continued support from the community, Growing Hope Farm is different from anything you have ever seen before.

## Animals

Animals! Everyone's first thought when they think of a farm and Growing Hope Farm does not disappoint! Our current family starts with our two dogs, Andy and Annie, and includes 10 Goats, 40 chickens and 2 cows! All these animals come with many daily responsibilities. Our "farmers" will assist the farm staff with the daily responsibilities to ensure each animal always has what they need!

## Art

Growing Hope Farm isn't just a place to pet animals. Our on-site art studio is equipped for classes as large as 15 people. Our "farmers" will enjoy classes of everything from painting and drawing to working with clay and many other arts & crafts.

## Community

Growing Hope Farm could not be possible if not for the community. From building structures to putting up fencing, volunteers have been vital to our formation. Sign up for our monthly email newsletter to get up-to-date information on volunteering opportunities!

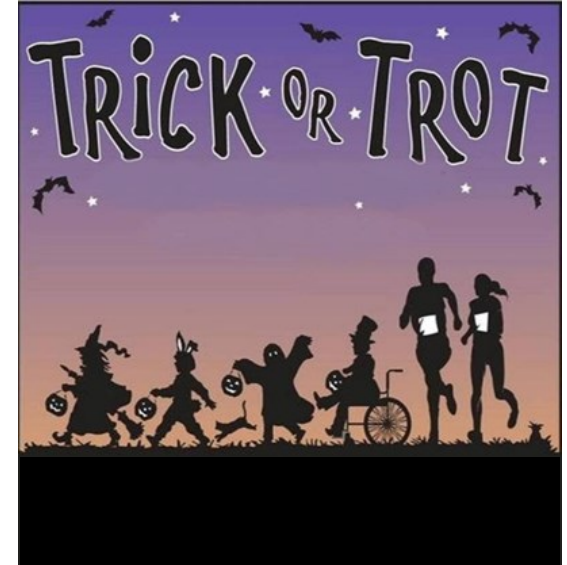
*Race registration is fast and easy; simply scan here with your smart phone or tablet and you can register today!*



WALGREENS DISTRIBUTION CENTER  
28727 Oregon Rd.  
Perryburg, OH 43551

# 8<sup>th</sup> Annual TRICK OR TROT

5K Run & Zombie Walk



Saturday,  
October 28, 2017

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Oak Openings  
MetroPark  
Mallard Lake Area

Find us on Facebook! [www.facebook.com/TrickOrTrot](http://www.facebook.com/TrickOrTrot)

8<sup>th</sup> Annual

## Trick or Trot 5K & Zombie Walk



Benefiting

**GrowingHopeFarms**

**Saturday, October 28, 2017**

**9:30 a.m. at Oak Openings MetroPark  
Mallard Lake Shelter**

Sponsored by  
**Walgreens**

### RACE AWARDS

Overall male / female runners  
Master male / female runners

### Age Group Race Awards (male / female)

9 and under, 10-14, 15-19, 20-24, 25-29,  
30-34, 35-39, 40-49, 50-59, 60-69, 70+

### Costumes Encouraged!

### Bring Your Dog!

### EARLY PACKET PICK-UP

Dave's Performance Footwear, Perrysburg  
Thursday, October 26 5PM - 7PM

### RACE DAY REGISTRATION

8:30 am – 9:15 am (Oak Openings MetroPark  
Mallard Lake Shelter)

### ENTRY FEES—

### Limited to the first 250 entrants

Advanced registration includes t-shirt and other "treats"!

**\$20.00** for registration postmarked on or before  
Friday, October 13, 2016

**\$25.00** race day registration

(Minimum Shirt Sizes Available – Register early!)

**\$5.00** per dog

### Mail registrations & payment to:

Walgreens  
28727 Oregon Rd.  
Perrysburg, OH 43551

### Online Registration Available!

Register online now through 10/20/17

<https://runsSignup.com/Race/OH/Swanton/TrickorTrot5KRunandZombieWalk>

### Please Print!

Name:

\_\_\_\_\_

Street Address:

\_\_\_\_\_

City/State:

\_\_\_\_\_

Zip Code:

Phone:

\_\_\_\_\_

\_\_\_\_\_

(For registration questions only)

Birth Date:

Age (race day):

\_\_\_\_\_

\_\_\_\_\_

Gender: **M** **F**

Event:

**5K Run/Walk** \_\_\_\_\_ **1M Zombie Walk** \_\_\_\_\_

**Dog Entry** \_\_\_\_\_ (There will be a surprise for each dog!)

Shirt Size (circle):

**Youth:** S – M – L **Adult:** S – M – L – XL – XXL

E-Mail Address:

\_\_\_\_\_

**COURSE:** Mixed – Blacktop, Gravel, and Trail

### Waiver

*In consideration of the acceptance of my entry in the Trick or Trot 5K and Zombie Walk, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for any damage and losses which I may have against the employees of Walgreens, the Shops at Fallen Timbers, and any persons or organizations connected with this event, from all responsibility for any injury to person or property traveling to, participating in, and returning from this event. I am aware that I may be running on a physically challenging course, in potentially adverse weather conditions including heat and/or humidity that could test my physical limits and carries with it potential for death and serious injury. I certify that I am physically fit and have trained sufficiently to handle the course and adverse weather conditions, should they occur.*

Signature

\_\_\_\_\_

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

*Walgreens*

**GrowingHopeFarms**

### Questions?

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