



# Tomato Trot

## 5K and Kids' Fun Run

### Saturday, October 14th

#### Race Day Schedule (tentative):

8:30AM-9:45AM	Race Day Registration and Packet Pickup
10AM	5K Run/Walk Start
10:50AM	Kids' Fun Run
11AM	Awards Ceremony

The 3<sup>rd</sup> Annual *Tomato Trot* is a community run/walk benefiting The Refuge in Sunbury. The Refuge's mission is to provide a "Safe Place" for the youth of Central Pennsylvania by giving them a space to gather with friends while having fun, and being surrounded by positive staff and volunteers who want to invest in their lives.

The race will begin and end in the parking lot at the Furmano Foods plant in Northumberland, located at 770 Cannery Rd. 5K will be chip timed by PA Runners. This is a rain or shine event. This family fun event is perfect for people of all ages and abilities. Furmano Foods has pledged to a dollar-for-dollar donation match on the registration fees. Please join us to help meet our fundraising goal of \$10,000! NEW THIS YEAR: Can you BE the Tomato? Come dressed in your best Furmano's tomato- or farm-inspired costume, and you could win a prize! Pre-register early: free tech shirt if registered by September 18 (some available for purchase at the event).

<u>Registration Fees:</u>	5K Run/Walk	Kids' Fun Run
Early (by September 18)	\$25 (with free shirt)	\$10 (with free shirt)
General (by October 13)	\$25	\$10
Race Day	\$30	\$10

*Make checks payable to: Furmano Foods (Memo: Tomato Trot)*

*Registration forms may be mailed to:*

*Attn: Tomato Trot • Furmano Foods • 770 Cannery Rd. • Northumberland, PA 17857*

*Online Registration also available at [www.parunners.com](http://www.parunners.com)*

For more information contact: Kaitlyn Watto [kaitlyn.watto@furmanos.com](mailto:kaitlyn.watto@furmanos.com) 570-473-3516 x591

NAME \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_ SEX: M F

ADDRESS \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

EMERGENCY CONTACT & PHONE \_\_\_\_\_ AMOUNT ENCLOSED \$ \_\_\_\_\_

**T-shirt size:** N/A S M L XL 2XL (+\$2 fee) 3XL (+\$2 fee) **Style:** Youth Ladies' Men's

In consideration of the acceptance of the entry, I hereby waive and release the *Tomato Trot*, Furmano Foods, all sponsors, officials, and representatives from any and all rights and claims from damages arising from any injuries suffered during these events, including those attributed to weather conditions.

\_\_\_\_\_  
Runner's Signature (Parent/Guardian if under 18)

\_\_\_\_\_  
Date