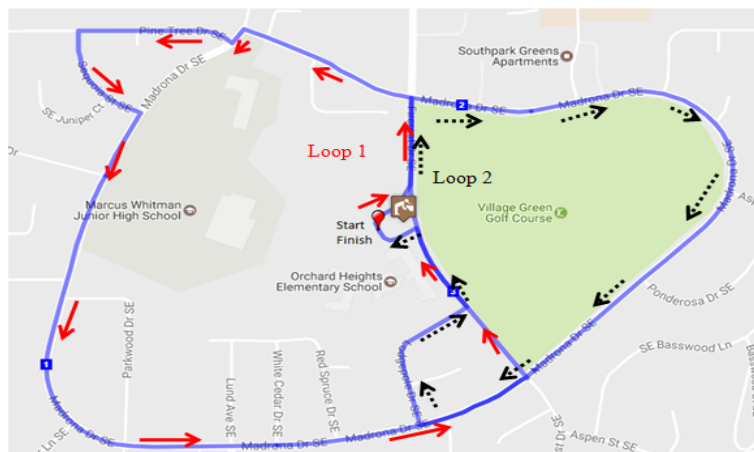


2019 Course Map and Turn by Turn Directions

Feeding Families 5K Course

Race Starts at 9AM
Orchard Heights Elementary
2288 Fircrest Dr SE
Port Orchard, WA 98366



Race starts and finishes in the Orchard Heights School parking lot.

Loop 1: →
 Left onto Fircrest Dr SE
 Left onto Madrona Dr SE
 Left to stay on Madrona Dr SE
 Right onto Pine Tree Dr SE
 Left onto Sequoia St SE
 Right onto Madrona Dr SE
 Left onto Fircrest Dr SE
Loop 2:→
 Right onto Madrona Dr SE
 Right onto Lodge Pole Dr SE
 Left onto Fircrest Dr SE
 Left into Orchard Heights Elementary School parking lot



PLEASE PRINT LEGIBLY

T-Shirt orders must be received by **Oct 1st**

BIB#

Each participant must fill out a separate form and sign the waiver below.

*Name _____ *Birth Date _____ *Gender _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email Address _____

In consideration for being permitted by the organizers of the Feeding Families 5K to participate in the above activity, I hereby waive, release, and discharge any and all claims for damages for personal injury, death or property damage which may have, or which may hereafter accrue to me, as a result of participation in said activity. This release is intended to discharge in advance the organizers of Feeding Families 5K (its officers, employees, volunteers, and agents) from any participation in said activity, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents and knowing those risks I hereby assume those risks. It is further agreed that this waiver, release and assumption of those risks is to be binding on my heirs and assigns. I agree to indemnify and to hold the above person or entities free and harmless from any loss, liability, damage, cost or expense which they may incur as the result of my death or any injury or property damage that I may sustain while participating in said activity.

PARENTAL CONSENT: (TO BE COMPLETED AND SIGNED BY PARENT/GUARDIAN IF APPLICANT IS UNDER 18 YEARS OF AGE). I hereby consent that my son/daughter _____, participate in the above activity, and I hereby execute the above Agreement, Waiver, and Release on his/her behalf. I state that said minor is physically able to participate in said activity. I hereby agree to indemnify and hold the persons and entities mentioned above free and harmless from any loss, liability, damage, cost, or expense which they may incur as a result of the death or any injury or property damage that said minor may sustain while participating in said activity.

I have carefully read this Agreement, Waiver, and Release and fully understand its contents. I am aware that this is a release of liability and a contract between myself and the organizers of Feeding Families 5K and I sign it of my own free will.

Signature _____ Date _____

Printed Name _____

- ☐ First 2 weeks **ONLINE ONLY** \$15
 - ☐ Pre-Registration Fee \$25
 - ☐ Day-of Race Registration Fee \$30
 - ☐ SKHL Donation \$10
 - ☐ T-Shirt (**Order by Oct 1st**) \$20
- Circle Size **S M L XL XXL**

Mail this entry and payment to SKHL post marked before Oct 17th to

SKHL Feeding Families 5K
1012 Mitchell Ave, Port Orchard, WA 98366

2019 Race is capped at 250 participants

Wear your Race T-Shirt to SKHL and get 10% off your purchase of nursery items!



South Kitsap Helpline is a non-profit hunger-relief agency serving Port Orchard and surrounding Kitsap County areas. Last year, we helped to provide food to more than 50,000 local children, adults and senior citizens.

In early 2010, Helpline purchased the local Port Orchard Nursery and FINALLY acquired a permanent home for our agency. The down payment was made possible by a generous grant from the Birkenfeld Trust. Our food bank, offices and a small storefront are at 1012 Mitchell Ave SE in Port Orchard, WA. We sell plants, flowers, produce and vegetable starts to the community to help benefit our program. We use the three commercial greenhouses and the large garden at our new home to grow healthy veggies and herbs that are distributed to our food bank clients.

Feedback from food bank clients about the changes our agency has made is overwhelmingly positive. We look forward to incorporating more nutrition education, gardening and cooking classes into our program within the next few years to help our clients gain knowledge and skills that will help them become more self-sufficient and empowered.

www.SKHelpline.org

ALL race proceeds go to SKHL. Thank You!!

Thank you to our Sponsors:



**Your Business Ad Goes
HERE!!**

BECOME A RACE SPONSOR

Sponsor Levels:

\$200: SKHL Family Helper

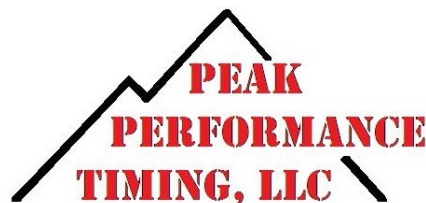
\$100: SKHL Family Friend

\$50: SKHL Buddy

Details available:

www.runsignup.com

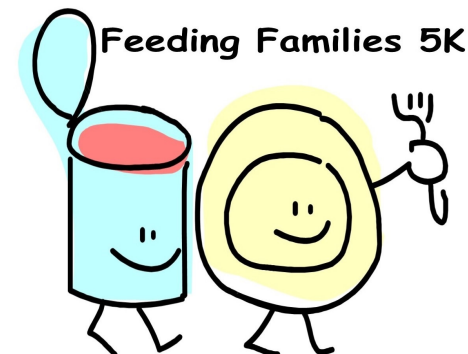
Search for Feeding Families 5K



Chip Timed by Peak Performance Timing, LLC

www.PeakPerformanceTiming.com

Like us on Facebook!



~benefiting the South Kitsap Helpline Food Bank~

The Great Pumpkin Race

3rd Annual Feeding Families 5K October 27, 2019

Day of Race Registration begins at 7:30AM

Race starts at 9AM

Online registration thru October 23rd

www.runsignup.com

Search for Feeding Families 5K

www.facebook.com

Search for South Kitsap Helpline

Email: info@skhelpline.org

SKHL Office: 360-876-4089

**Prizes for Overall Male and Female
Medals for all finishers / 5 year age categories
Prizes for best costumes**

Bring a non-perishable food item to donate!

