



Feeding
America
Running
Miles

to **FORK 5K**

This event is endorsed by
**MICHIGAN
FITNESS
FOUNDATION**

As part of the Pure Michigan FITness Series



Farm To Fork 5K Run/Walk
Hosted by AgroLiquid

- Date:** August 26, 2017
- Start Time:** 8:00 am
- Location:** North Central Research Farm 5605 N. Findlay Rd., St. Johns, MI 48879
- Registration:** Mail entry to **Farm to Fork 5k**, 3055 W. M-21 St. Johns, MI 48879
Online: <https://runsignup.com/Race/MI/StJohns/FarmtoFork5k>
Race day registration 7:15 am
- Cost:** Pre-registration \$20.00 by mail/online registration by August 10th. Late registration \$25.00
18 yrs. or younger \$15.00 Pre-registration by August 10th. Late registration \$25.00
- Awards:** Overall Male, Female and Masters
- Winners:** Medals for the top three winners in each age group for Male and Female Runners and Walkers
14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over
- Course:** Route includes dirt road and trail surfaces

Proceeds to benefit the Greater Lansing Food Bank and the Michigan FFA Foundation.

Detach Here

Name _____ E-Mail _____

Address _____ Date of Birth _____ Age on race day _____

City/State/Zip _____

Phone _____ Male _____ Female _____

Make Checks Payable to: T-Shirt Size (woman's/men's) ___S___M___L___XL___XXL

IQhub Runner _____ Walker _____

The IQhub is a 501 () (3) who will hold
then release all funds collected

Mail To:
Farm To Fork 5K
3055 W. M-21
St. Johns, MI 48879

Added donation to the Michigan FFA Foundation \$ _____

Added donation to the Greater Lansing Food Bank \$ _____

Total Amount Enclosed \$ _____

Waiver: I hereby waive all rights and claims for myself, my heirs, executors, and assignees against AgroLiquid, Agro-Culture Liquid Fertilizers, IQhub, the sponsors of this event, its agents, representatives, successors, and volunteers, as well as COG Marketers Ltd, for any injuries or damages suffered by me while traveling to, from or participation in this event.

Signature (Parent or Guardian if under 18)

Date

Questions? Call 989-227-3806