

Prizes for the top fundraising individuals and teams!

T-shirts for any individual who raises \$50 or more (whether participating as an individual or part of a team).

**11 September 2016**  
Remington Recreation Trail, Canton

**Registration starts @ 12:30.**

**Walkers leave @ 1:00.**

**Runners leave @ 1:30.**

Run, walk, pull the kids in a wagon or a stroller—whatever works for you, join us to raise hunger awareness and funds for GardenShare!

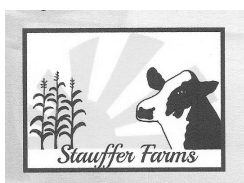
**How to get started:**

Either fly solo or gather a team from work, school, or your place of worship!

Ask friends, family, classmates, and co-workers to make a donation to sponsor you. Bring your signed registration form, and any cash or checks you have collected with you on race day.

*Come dressed for the weather!*

**Presenting sponsors:**



St. Lawrence Health System

**Friend sponsors:**

Curran Renewable Energy  
Hyde-Stone Mechanical Contractors  
North Country Savings Bank  
St. Lawrence Federal Credit Union  
Save-a-Lot

More information:  
[www.gardenshare.org](http://www.gardenshare.org)

or  
(315) 261-8054



Join us September 11  
@ 12:30.  
Suggested minimum  
donation is \$10.

Participant Name \_\_\_\_\_ Runner \_\_\_\_\_ Walker \_\_\_\_\_

Address \_\_\_\_\_ Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Age \_\_\_\_\_ T-shirt size \_\_\_\_\_ Team Name (if applicable) \_\_\_\_\_

Please collect your donations in advance and bring them with you along with this form to the event!  
(Checks payable to GardenShare)

Donor name and contact information	Amount
My own donation	
Online donations raised (if applicable)	
Total raised (feel free to attach additional sheets if needed!)	

I agree, warrant, and covenant as follows: In consideration for accepting this entry, I, the registrant, intending to be legally bound, hereby, for myself, my heirs, my executors and administrators, do waive and release any and all rights for damages I may have against any parties or persons connected GardenShare for and related to the Fight Hunger 5K. I attest and verify that I am physically fit to participate in any portion of this event. I grant GardenShare permission to use any photographs, film or videotapes of this event for any purpose.

Signed \_\_\_\_\_ Date \_\_\_\_\_

*Parent or Guardian's signature if participant is under 18*