



**To benefit**



**Date: Saturday, October 10, 2015**

**Time: Registration begins at 8:30 AM  
Runners leave at 9:30 am with Walkers to follow**

**Registration information on the reverse  
More information: [www.gardenshare.org](http://www.gardenshare.org) or (315) 261-8054**

Run, walk, pull the kids in a wagon—whatever works for you, join us to raise awareness and funds for GardenShare! Runners, please note that this is a fundraising fun run and will not be timed.

Make it more fun by putting together a team from your workplace, school, or house of worship!

Event begins and ends at the Potsdam Farmers Market at Ives Park on Main Street. Feel free to stay after and enjoy the Market!



How to get started:

- Gather a team, if you can, from work, school, or your place of worship!
- Ask friends, family, classmates, or co-workers to make a donation to sponsor you and bring those donations with you to the event!
- If you'd like to raise money on line, go to [www.crowdrise.com/fighthunger5k](http://www.crowdrise.com/fighthunger5k) and set up a page for yourself. Then you can e-mail friends and family to ask for a donation via your page.
- Join us on October 10, bring your signed registration form and any cash or checks you have collected, and come dressed for the weather.



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)



T-shirts sponsored by:



**Event  
Sponsored  
By:**



St. Lawrence Health System



Conboy, McKay,  
Bachman, & Kendall LLC



GardenShare (315) 261-8054  
PO Box 516, Canton, NY 13617





# FIGHT HUNGER 5K

**Saturday, October 10, 2015 + Registration begins at 8:30 am**  
**Runners leave at 9:30 with Walkers to follow**

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	
<b>Online donations raised</b> (if applicable)	
<b>Total raised</b> (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*