

Join Us To Raise Hunger Awareness

Sunday September 17th

Prizes for the top fundraising individuals and teams!

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Registration is a  
\$20 donation.  
T-shirts to those  
who raise \$50 or  
more

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Run, walk, push  
the kids in a  
stroller-whatever  
works for you!

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## Canton Remington Recreation Trail

Registration starts @ 12:30

Walkers leave @ 1:00

Runners leave @ 1:30

### How To Get Started

Fly solo or gather a team from work, school, family, 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.

### *Presenting Sponsors*



St. Lawrence Health System



### *Partnership Sponsors*



NORTH COUNTRY  
SAVINGS BANK



SSL electric



### *Friend Sponsors*

St. Lawrence Federal Credit Union & Conboy, McKay, Bachman & Kendall, LLP

**More information**  
<http://www.gardenshare.org>  
**(315) 261- 8054**



**September 17<sup>th</sup> @ 12:30**  
**Suggested minimum**  
**donation \$20**

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)*

<b>Donor Name and Contact Information</b>	<b>Amount</b>
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 myself, my heirs, my executors and administrators, do waive and release any and all rights for damages I may have against parties or persons connected to 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*