

GET OFF YOUR CAN 5K RUN/WALK TO END HUNGER



Waiver & Release

I voluntarily wish to participate in the 5K Walk/Run for Hunger and know that running is a potentially hazardous activity. I should not enter the race unless I am medically and physically able and properly trained. I agree to abide by any rule or decision of a race official relative to my ability to safely complete the run. I assume any and all risks associated with running, including, but not limited to injuries that may be suffered by me, falls, contact with other people, the effects of road and traffic, on course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I for myself and anyone entitled to act on my behalf, waive my rights, covenant not to sue and DISCHARGE and RELEASE, the East Bay Food Pantry, the Town of Bristol, Rhode Island, and all sponsors from any and all claims or liabilities of any kind or nature whatsoever arising out of my voluntary participation in this race even though liability may arise out of negligence, omissions or carelessness on the part of the persons being released here in.

I have carefully read this waiver and release and fully understand and acknowledge its contents.

Signature (Parent or Guardian if under 18)

Printed name:



The East Bay Food Pantry and Thrift Shop are located at 150 Franklin Street in Bristol at the Franklin Court Independent Living Center. The entrance is on the ground level at the corner of Franklin and Wood Street.

Our mission is to: *“Engage, educate and empower the East Bay in creating a hunger-free community.”*

Food is available to anyone in need in our community. All of the proceeds from the thrift shop will benefit the food pantry. Your donations and your purchases help to sustain our mission.

The food pantry is non-profit organization with 501c(3) designation. Your donations are tax-deductible.

If you are interested in volunteering or running your own food or clothing drive, please contact us at 401.396.9490.

**Please help CAN hunger!
Your \$25 registration or donation
purchases 250 pounds of food!**

5th Annual GET OFF YOUR CAN 5K RUN/WALK TO END HUNGER

Saturday, May 11th
@8:30 at Colt State Park

**To benefit the East Bay Food Pantry
Serving over 5,000 East Bay residents**



GET OFF YOUR CAN - 5K RUN /WALK TO END HUNGER



LOCATION

The race will be held at Colt State Park, Bristol, RI. The main entrance is located on Rte 114/Hope Street.

Follow signs posted in the park to the Bristol Town Beach Pavilion for registration.

ENTRY FEE

Pre-registration prices only apply if payment is sent in at time of registration.

5k Run/Walk:

\$25, pre-registration **\$25 buys 250lbs of food!!!**
\$30, day of event

*All entry fees are non-refundable

REGISTRATION

To pre-register, return the entry form and fee by April 25th, 2013 or go online to register and make payment at www.eastbayfoodpantry.org

All pre-registrations will receive a t-shirt on race day. T-shirts are only available for paid registrations received on or before April 25th.

Registration will begin at 7:00 AM on Saturday morning.

RACE INFORMATION

Runners will be in the front, followed by walkers.

Official times will be tracked and posted by Spitler Race Systems.

This race is sanctioned by USA Track & Field.

AGE CATEGORIES

Runners will be divided by gender into the following age groups:

- Youth: 13-under
- Junior: 14-19
- Open: 20-29
- Sub-Master: 30-39
- Master: 40-49
- Senior: 50-59
- Veteran: 60-69
- Grand Veteran: 70+

Medals will be awarded to the top male and female in each running group.

WEATHER

Rain or shine. In case of questionable conditions, please call 401.396.9490

REGISTRATION

Online registration available at www.eastbayfoodpantry.org

Please fill out information

completely for each participant!

Participant Information:

Shirt size Age Gender Name (first & last)
(Y,W,M S-XL)

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Address _____

Phone _____

Email _____

_____ Total # for 5k (\$25/pp)

_____ I cannot participate, but have enclosed a donation

_____ Total amount enclosed

Please make sure that you have filled out this form completely, and have read and signed the Waiver & Release on the back of this form. Send with check by April 25th to:

East Bay Food Pantry
150 Franklin St., Bristol, RI 02809