



Tomato Trot

5K and Kids' Fun Run

Saturday, October 20th

Race Day Schedule (tentative):

8:30AM-9:45AM	Race Day Registration and Packet Pickup
10AM	5K Run/Walk Start
10:50AM	Kids' Fun Run
11AM	Awards Ceremony

The 4th Annual *Tomato Trot* is a community run/walk benefiting Expectations in Lewisburg and Williamsport. Expectations Women's Center educates and empowers individuals to make healthy choices that positively impact their lives and their community emotionally, physically and spiritually.

The race will begin and end in the parking lot at the Furmano Foods plant in Northumberland, located at 770 Cannery Rd. 5K will be chip timed by Falcon Race Timing. This is a rain or shine event. This family fun event is perfect for people of all ages and abilities. Fun kids' activities will be available during the 5K race. Furmano Foods has pledged to a dollar-for-dollar donation match on the registration fees. Please join us to help meet our fundraising goal of \$10,000! Pre-register early: free baseball t-shirt if registered by September 26 (some available for purchase at the event).

Registration Fees:	5K Run/Walk	Kids' Fun Run
Early (by September 26)	\$25 (with free shirt)	\$10 (with free shirt)
General (by October 19)	\$25	\$10
Race Day	\$30	\$10

Make checks payable to: Furmano Foods (Memo: Tomato Trot)

Registration forms may be mailed to:

Attn: Tomato Trot • Furmano Foods • 770 Cannery Rd. • Northumberland, PA 17857

Online Registration also available at falconracetiming.com

For more information contact: Kaitlyn Watto kaitlyn.watto@furmanos.com 570-473-3516 x591

NAME _____ AGE ON RACE DAY _____ SEX: M F

ADDRESS _____

E-MAIL ADDRESS _____ PHONE _____

EMERGENCY CONTACT & PHONE _____ AMOUNT ENCLOSED \$ _____

T-shirt size: N/A YS YM YL S M L XL 2XL (+\$2 fee) 3XL (+\$2 fee)

In consideration of the acceptance of the entry, I hereby waive and release the *Tomato Trot*, Furmano Foods, all sponsors, officials, and representatives from any and all rights and claims from damages arising from any injuries suffered during these events, including those attributed to weather conditions.

 Runner's Signature (Parent/Guardian if under 18)

 Date