

ON YOUR MARK... GET SET...

Come run with Whole Foods Market during our first annual 5k Run. We've marked out a flat and fast-paced course starting and finishing at Danehy Park.

All proceeds from entry fees benefit *CitySprouts* (a Cambridge-based nonprofit that creates school vegetable gardens) and *The Food Project* (a hunger-relief nonprofit).

There will be prizes for winners and lots of free goodies for all. Enter early, so you don't miss out!



WHOLE FOODS MARKET® 9:18:2011
5K RUN

5k RUN & KIDS FUN RUN

September 18, 2011

5K RUN

Starts at 10:00 a.m. in Danehy Park, 99 Sherman Street, Cambridge, MA 02140.

KIDS FUN RUN

(ages 7 – 12)
Starts at 9:00 a.m.
A one-mile run around Danehy Park. All finishers will receive a medal.

REGISTRATION

Online:
Register online at wholefoodsmarket5k.com to guarantee your spot and a race T-shirt.

Mail in: Complete the attached application postmarked by September 14.

In person: Registration will be available at Danehy Park on race day.

ENTRY FEES

5k Run Race Day Fee: \$30
Pre-Registration
5k Run Fee: \$25
Kids Fun Run: FREE

PACKET PICK-UP

Packets are available at the Whole Foods Market Fresh Pond store, 200 Alewife Brook Pkwy., Cambridge, MA 02138, on Friday, September 16, from 4 p.m. – 8 p.m. and Saturday, September 17, from 1 p.m. – 5 p.m. and on-site, race day starting at 7:30 a.m.

DIRECTIONS

Danahy Park:
99 Sherman Street
Cambridge, MA 02140

Driving:
Detailed driving directions on wholefoodsmarket5k.com.

On the T:
Walking distance from the Alewife T station on the Red Line.

AWARDS

Overall Women:
1st place: \$250
2nd place: \$100
3rd place: \$75
Age group winner: \$25 gift card

Overall Men:
1st place: \$250
2nd place: \$100
3rd place: \$75
Age group winner: \$25 gift card

AGE GROUPS

18 and under
19 – 29
30 – 39
40 – 49
50 – 59
60 – 69
70 and over
Wheelchair

CONTACT

Event Director:
Lynay Smith
Email:
Lynay.Smith@wholefoods.com

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5k Run Kids Fun Run

MAIL-IN ENTRY

First Name: _____ **Last Name:** _____

Address: _____ **State:** _____ **Zip Code:** _____

City: _____ **Email:** _____

Age: _____ **Gender:** _____

Signature: _____ **Date:** _____

RUNNERS INFORMATION

If I am registering a child under the age of 18 or an incapacitated adult, I represent and warrant that I am the parent or legal guardian of that party and have the legal authority to enter into this agreement on their behalf and, by proceeding with this event registration, I agree that the terms of this Agreement and Waiver shall apply equally to all Registered Parties. By registering a child under 13, I agree and consent to the collection of that child's information, which I provide for the purposes of registration.

I hereby for myself (or my child if signing as a parent or guardian), my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against [Race] and sponsors, coordinating groups and any individuals associated with the event, their representatives and assigns, and will hold them harmless for any and all injuries suffered in connection with this event. I attest that I am (or my child is) physically fit to compete in this event. Further, I hereby grant full permission to any and all of the foregoing to use my likeness (or the likeness of my child) in all media, including photographs, pictures, recordings or any other record of this event for any legitimate purpose.

WHOLE FOODS MARKET PROUDLY SUPPORTS:

citysprouts CitySprouts introduces school gardens as a core element of children's public school education. Based in Cambridge, MA, CitySprouts school gardens ensure that hands-on learning, environmental stewardship, and the experience of growing and eating food become part of the public education all children receive.



The Food Project

The Food Project helps youths and adults from diverse backgrounds build sustainable food systems. The Food Project's Youth Programs offer employment, out-of-school education, and skill development opportunities to more than 140 Greater Boston area youth each year, farming on 43 acres in Boston and in Greater Boston.

OUR SPONSORS:



5k RUN ROUTE

- Start on New St.
- ◀ Left onto Concord Ave.
- ◀ Left onto Bay State Rd.
- ▶ Right onto Bond St.
- ▶ Right onto Alpine St.
- ◀ Left onto Garden St.
- ◀ Left onto Concord Ave.
- ↗ Bear right onto Sherman St.
- ▶ Right onto Fayerweather St.
- ⬆ Enter Danehy Park
- ◀ Left onto Brattle St.
- Finish
- ↖ Bear left on Craigie St.



5k **WHOLE FOODS MARKET®**
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5k Road Race & Kids Fun Run
wholefoodsmarket5k.com