

## About Us

Fiorenza's Food For Friends (F4), is a 501c3 non-profit organization of the Commonwealth of Pennsylvania that was formed in Chester County for the sole purpose of fighting hunger in our area. Chester County is our home and we believe in fighting for our home.

As an organization, we are approaching 500,000 pounds of food transported to recipients in need. According to the Coalition Against Hunger's 2013 study, 10% of residents, and 14% of the children, in Chester County are food insecure. Food insecurity is defined as any individual that at times lacks access to enough food for an active, healthy life([www.hungerreportpa.com](http://www.hungerreportpa.com)).

Help combat this problem by supporting us in the "Dash F4 Hunger". We hope to see you on race day!

Check out all the details of our amazing day to raise funds and awareness for the homeless shelters and food pantries in need at:  
**[DashF4Hunger.org](http://DashF4Hunger.org)**.

## Event Schedule

### Pre-registration

(must be received by September 9)

5K - \$25

1 mile fun walk - \$10

### Race Day Registration

5K - \$30

1 mile fun walk - \$12

T-shirts are available to all who pre-register and while they last on race day.

Kids 5 and under - NO fee/NO tee.

1 mile fun walk open to everyone - moms, dads, kids, singles, groups...All are welcome!

### 5K awards to the following:

1st Place Male/Female overall

1st Place Male/Female 12 and under

### Medals will be awarded to the following:

1st Male/Female in the following age groups:

12 & under

13-19

20-29

30-39

40-49

50-59

60 & above

**Awards ceremony at 9:30 am**

## Race Entry

### Please Print Clearly

Registration can also be completed online at:  
[http://runccrs.com/results/race-calendar/?event\\_id=1373](http://runccrs.com/results/race-calendar/?event_id=1373)

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

E-mail: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Age on 09-13-14 : \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

Event: 5K \_\_\_\_\_ \$25.00

1 mile walk \_\_\_\_\_ \$10.00

Shirt Size: Youth M \_\_\_\_\_ Adult S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

I am unable to participate but would like to donate \$ \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

### Mail Checks Payable to:

Fiorenza's Food For Friends (F4)

P.O. Box 89

Downingtown, PA 19335

**Waiver:** In consideration of the acceptance of this entry, I hereby waive and release any and all rights and claims for damages that I or my heirs may have against Fiorenza's Food For Friends, East Caln Township, Chester County Running Store, and their officials, sponsors, and volunteers. I hereby certify that I am medically able and properly trained. I know that running is a potentially hazardous activity and assume the risk for participating in the 5k race and/or 1 mile walk.  
Signature: \_\_\_\_\_

(If under 18, Parent/Guardian Signature)

## F4's Mission

F4's mission is to create "Hunger Awareness", inspire others to take action, and provide an avenue to assist those in need. F4 serves those in need through several different facets.

F4 fights hunger through our 3 E's: Education, Engagement, and Eradication. We believe in educating companies, individuals, families, and society as a whole about the causes of hunger and where help can be found. We believe in engaging volunteers and sponsors that support our cause and want to assist us in our efforts. We work towards the eradication of hunger through the following avenues: investing our time in collaboration with local food agencies (shelters/pantries) to rescue food from restaurants, and supermarkets. We coordinate non-perishable food drives with companies to benefit local food pantries. And finally, we have a program for volunteer cooks and restaurants to prepare warm meals for homeless shelters in need. .

**F4 does not accept local, state, or federal funds. We do not charge membership or transportation fees to recipients receiving food from our organization. F4 strives to keep all food donations local.**

Join us and run or walk the "Dash F4 Hunger" to combat a serious problem in our community and make a difference in someone's life!

## Directions:

### Pottstown Area & North:

- Route 100 South
- Right on Route 113/W Uwchlan Ave West
- Left on Whitford Hills Rd/Peck Rd
- Right on Old Kings Highway
- Slight Left on Downing Road, follow signs

### King of Prussia Area and North:

- Route 202 South
- Exit US 30 West toward Downingtown/Coatesville
- Take US 30 Business/Lancaster Ave Exit
- Left at fork, follow signs to US 30 Business West
- Left on 30 Business West
- Right on Bell Tavern Blvd, follow signs

### From West Chester and Southeast:

- Take Route 322 West through West Chester and Downingtown
- Turn Right on Business Rt. 30
- Turn left on Bell Tavern Road and follow signs

### From Nottingham/Oxford and Southwest

- Route 10 North
- Route 30 East, Enter Rt. 30 Bypass/Coatesville
- Exit onto Route 30 Business/Downingtown exit
- Turn Right on Quarry Rd
- Turn Left on Business Rt. 30
- Turn Right on Bell Tavern Blvd, and follow signs

### Course description:

**Closed, flat paved road; some slight inclines, one "challenge" hill.**



## Dash F4 Hunger

Saturday, September 13th  
Registration 7:15 am – 8:15 am  
5K Run at 8:30 am  
1 Mile Fun Walk at 8:35 am  
Awards 9:30 am

Bell Tavern Park  
100 Bell Tavern Boulevard  
Downingtown, PA 19335

Rain or shine

Timing by Chester County  
Running Store (CCRS)

Our heartfelt thanks to East Caln  
Township for their support!

**Non-perishable items are encouraged  
and will be accepted during the event!**