



# HARVEST RUN FOR THE ROHDE

## 5K WALK / RUN AND 10K RUN

**Date:** Saturday October 27, 2012

**Start Time:** 8:00 AM rain or shine

**Location:** 5k and 10k start at The Rohde Center,  
2 East Church Street, Adams, NY

**Pre-registration Fee:** 5K - \$15 / 10K - \$20 / Students 18 & Under - \$10 if received by September 29, 2012 (includes t-shirt)

**Day of Event registration:** 5K-\$20 / 10K - \$25 / Students 18 & Under - \$10 (no t-shirt guarantee) from 7:00 AM to 8:00 AM.

**Awards:** Fun and funny prizes will be awarded.

**Post Run:** Please make this a family event and relax with refreshments following the run/walk.

Please make checks payable to: *The Rohde Center*  
Registration forms can be turned in or mailed to:

**The Rohde Center**  
**2 East Church St.**  
**Adams, NY 13605**

**For registration or donations,**  
**we accept *PayPal*:**  
**[rohdepaypal@frontier.com](mailto:rohdepaypal@frontier.com)**

The Rohde Center is not-for-profit organization operating a food pantry in Adams, NY. In 2011 we provided food for over 73,000 meals to low-income families in southern Jefferson County at no cost to our clients. This was a 30% increase over 2010. Of the food distributed through our pantry, 30% went to feed children and 8% went to feed the elderly in our area. At our Fresh Food distribution site, 26% went to feed children and 28% went to feed the elderly.

For every donated dollar we spend at the Food Bank of Central New York, the Rohde Center receives \$9.00 worth of food. This works out to be a powerful return on investment, and with 53% of our donations coming from people like you, you are an important part our mission. Donors can be confident that all donations remain local, assisting neighbors in need. The Hunger Prevention & Nutrition Assistance Program requires that we provide food at least once to anyone requesting it. As a rural area with no public transportation, there are many eligible families we have not yet reached. We are looking for ways to serve this group in the future. You can help build *The Power of a Dollar*.



**Please complete the registration form below and return with your payment.**

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Name: \_\_\_\_\_ D.O.B.: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Age on 10/27/12: \_\_\_\_ Male / Female  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Event: ☐ 5k ☐ 10k Shirt size (circle one): S M L XL Amount paid: \_\_\_\_\_ ☐ Paid via *PayPal*

I know that participating in a run/walk is a potentially hazardous activity and that I should not enter unless I am medically able. I agree to abide by any decisions of a run official relative to my ability to safely complete the run/walk. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, and effects of the weather, including heat and/or humidity, lightning, and extreme cold, traffic and the conditions of the road such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself, and anyone entitled to act on by behalf, waive and release The Rohde Center and event volunteers, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Furthermore, I grant permission to all the foregoing to use my name and images of myself in any photographs, motion pictures, results, publications or any other print, video graphic, or electronic record of this event for legitimate purposes.

Signature \_\_\_\_\_ Date \_\_\_\_\_ Parent's Signature \_\_\_\_\_  
(if under 18)