

# Treasured Haven Farm Veggie Run



## August 14, 2010

### Times

- 9:00 am – 5K race
- 10:00 am – 1 Mile Fun Run/Walk
- 10:30 am – 200 Meter Toddler Trot

### Awards

5K only – Top 3 men and women and overall in each division: 15 & under, 16-19, 20-29, 30-39, 40-49, 50+

### Entry Fee (T-shirt not guaranteed if registering on raceday)

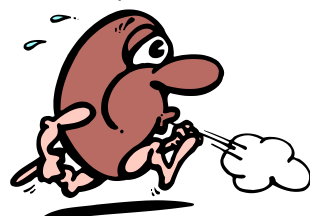
(Registration also available online at [www.treasuredhavenfarm.com/veggierun](http://www.treasuredhavenfarm.com/veggierun))

5K - \$15 if postmarked by August 6; \$5 off if current Treasured Haven Farm CSA member (Includes T-shirt)  
\$20 after August 7 and on raceday (Includes T-shirt if available)

1 Mile Fun Run/Walk – Free

Toddler Trot – Free

T-shirts available for sale \$10 (Kids sizes available while supplies last)



### Course

5K – The course will loop through the wooded trails on Treasured Haven Farm. The course is generally flat, but does contain a few moderate hills. Bug spray is recommended.

1 Mile Fun Run/Walk and Toddler Trot – Course is flat.

### Location and Packet Pickup

Treasured Haven Farm – 53407 Government Road, Rush City, MN 55069

Packet Pickup/Raceday Registration will begin at 7:15 am on raceday.

Questions? Contact Race Director Britta Wey at [britta.vey@gmail.com](mailto:britta.vey@gmail.com) or [www.treasuredhavenfarm.com](http://www.treasuredhavenfarm.com)

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Gender \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Phone \_\_\_\_\_ Email Address \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Race Distance 5K \_\_\_ 1 Mile \_\_\_ Toddler Trot \_\_\_

T-shirt Size (5K) \_\_\_\_\_ Additional T-Shirts (\$10 each) \_\_\_\_\_

Make checks payable to **Treasured Haven Farm**.

Mail form to: Treasured Haven Farm 53407 Government Road, Rush City, MN 55069

I hereby hold harmless, Treasured Haven Farm, the farm owners, and all volunteers, from any injury incurred while participating in this event. I assume all risk of loss or injury from my participation in this event.

Signature \_\_\_\_\_ (by parent or guardian if under 18)