

**Interfaith Food Ministry and the Alta Sierra Country Club  
Presents**



**The IFM Hunger Run  
Sunday, September 29, 2019**

**Alta Sierra Country Club  
11897 Tammy Way, Grass Valley, CA 95949**

<p align="center"><b>Race Day Schedule</b></p> <p><b>7 - 7:45 am</b> Race Day Registration  <b>8 - 9:30 am</b> 4K/8K Run/Walk*  <b>9-11:00 am</b> Breakfast/Award Ceremony/Raffle Prizes  <i>(4K/8K Run will be timed for Awards)</i></p>	<p align="center"><b>Entry Fees</b></p> <p><b>Event is RAIN OR SHINE - NO REFUNDS</b></p> <p>Adults and Teens 15+: \$25          Kids 6-14 Years old: \$20 / Kids 5 and Under: Free  <b>Shirts guaranteed for entries received by September 13, 2019</b></p>
<p align="center"><b>Registration Deadlines</b></p> <p><b>Registrations received by September 13, 2019 will be guaranteed a shirt. However, registrations are accepted until 7:45am on the morning of the race. A limited supply of shirts will be available on the day of the race.</b></p>	<p align="center"><b>Awards</b></p> <p>First Overall Male &amp; Female in 4K/8K Run, Medals for First 3 finishers in each of the eight male and female age divisions for the 4K/8K Run.          Please see the website <a href="http://www.interfaithfoodministry.org">www.interfaithfoodministry.org</a> for Age Divisions</p> <hr/> <p align="center"><b>Proceeds Benefit</b>          Interfaith Food Ministry's Holiday Groceries Program</p>

**Registration /info: Register Online or get more info here: [interfaithfoodministry.org](http://interfaithfoodministry.org)  
 or contact race director Naomi Cabral at 530-870-0177/ [NaomiDD.IFM@gmail.com](mailto:NaomiDD.IFM@gmail.com)**

Please send entry form and check payable to: Interfaith Food Ministry - Hunger Run, 440 Henderson Street, Grass Valley, 95945

**Circle Event:**      **4K/8K Run**    **4K Walk**    **Grand Prix Age Group (Circle your age group)**  
**Circle Gender:**    **Male**            **Female**    **1-10** **11-14** **15-18** **19-29** **30-39** **40-49** **50-59** **60-69** **70-79** **80-99**

Last Name: \_\_\_\_\_ First \_\_\_\_\_ Age \_\_\_\_\_  
 Birth Date \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_  
 Zip: \_\_\_\_\_  
 Email: (for confirmation) \_\_\_\_\_ Phone: \_\_\_\_\_

Please circle: **Youth T-Shirt Size: S M L XL**      **Adult Size: XS S M L XL XXL**

**\*Waiver:** I know that running/walking a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking in this event including but not limited to falls, contact with other participants, the effects of weather, traffic and conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, roller skates or blades, and animals are not allowed in the race and I will abide by this "guideline". 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 my behalf, waive and release Interfaith Food Ministry and the Alta Sierra Country Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. MODIFICATION OF WAIVER IN ANY WAY, SHAPE OR FORM WILL RESULT IN REJECTION OF YOUR ENTRY INTO THE RUN.

All entrants must sign waiver (parent/guardian if under 18)

Date \_\_\_\_\_