



June 19, 2010 10K RUN at 9:15 and 5K RUN at 10:00am & FOOD DRIVE 4th Annual NE Lenawee CROP HUNGER Run & Food Drive. CROP = Communities Responding to Overcome Poverty –ENDING HUNGER ONE STEP AT A TIME.

Endorsed by The Governor’s Council on Physical Fitness. Our sponsors:

- Boulevard Chiropractic. Dr. Charles E. Berrington 127 E. Chicago Blvd. Tecumseh
- Edwards Jones Investments 140 W. Chicago Blvd, Tecumseh.
- Eye Care Center 904 W. Chicago Blvd. Tecumseh 423-2001
- Okey MD Family Practice 301 S. Franklin St. Clinton
- Running With E’s 146 N. Main St. Adrian.

CWS CROP - KEY OBJECTIVES:
• FOOD SECURITY,
• WATER AVAILABILITY &
• ASSISTING CHILDREN

Supported by Jerry’s Market, Boulevard Market, Cowboy Grill, Daily Grind. Register on line www.cwscrop.org or make check out to cwscrop.

Cost: \$15.00 for participants over 17 years old (\$20 post marked after June 1, 2010). Cost of \$10.00 (\$15.00 post marked after June 1, 2010) for:

- an additional family member or
- students age 17 & under.

Additional cost of \$10.⁰⁰ if you want a CROP Walk tee shirt

Registration & packet pick up opens 8:00 am at the “White Church” near the corner in Macon. Macon United Methodist Church, 11964 Macon Hwy. Clinton, MI 49236

- Races will be on dirt roads with challenging hills.
- Awards held at Macon United Methodist Church after the runs.

* Required fields (email form or information to ruffnersp@gmail.com or mail to 9234 Murphy Hwy, Mi 49286. Make check out to “Church World Service” or “CWS CROP” Donor Designation _____

*First Name _____ *Last Name _____ *Age (on race day) _____

Address _____ City: _____ State: _____ Zip: _____

Phone _____ * Male _____ Female _____ email _____

Additional cost of \$10.⁰⁰ if you want a CROP Walk tee shirt. - Circle / indicated T-shirt size (S, M, L, XL) (Limited supply of T-shirts. Register by June 1, 2010 so we can have a tee shirt available for you) *Circle race you are going to participate in: 10K - 5K

Waiver and Release check this box to allow use of your photo in news and web publications. In consideration of the foregoing, I, for myself, my heirs, executors, administrators, personal representatives, successors and assigns, waive and release any and all rights, claims and courses of action I have or may have against The Event, its Primary Sponsor and its affiliates, their agents, employees, officers, directors, successors and assigns, the Event Management Company, Inc., the City, the Park District, and any and all sponsors, their representatives and successors, that may arise as a result of my participation in The Event and any pre- and post-event activities. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose for disaster relief and feeding the hungry.

* I (signature) _____ understand and agree to the waiver and release.

(Parent to sign for minor)

(OVER for and more information & map)

* (Circle an answer)- Direct your funds to CWS General Fund? Yes / No (if No, circle one of following / specify) Catholic Relief Service? CRS, Lutheran World Relief? LWR, other? Specify _____



Include your Email on first page for results & next race notification

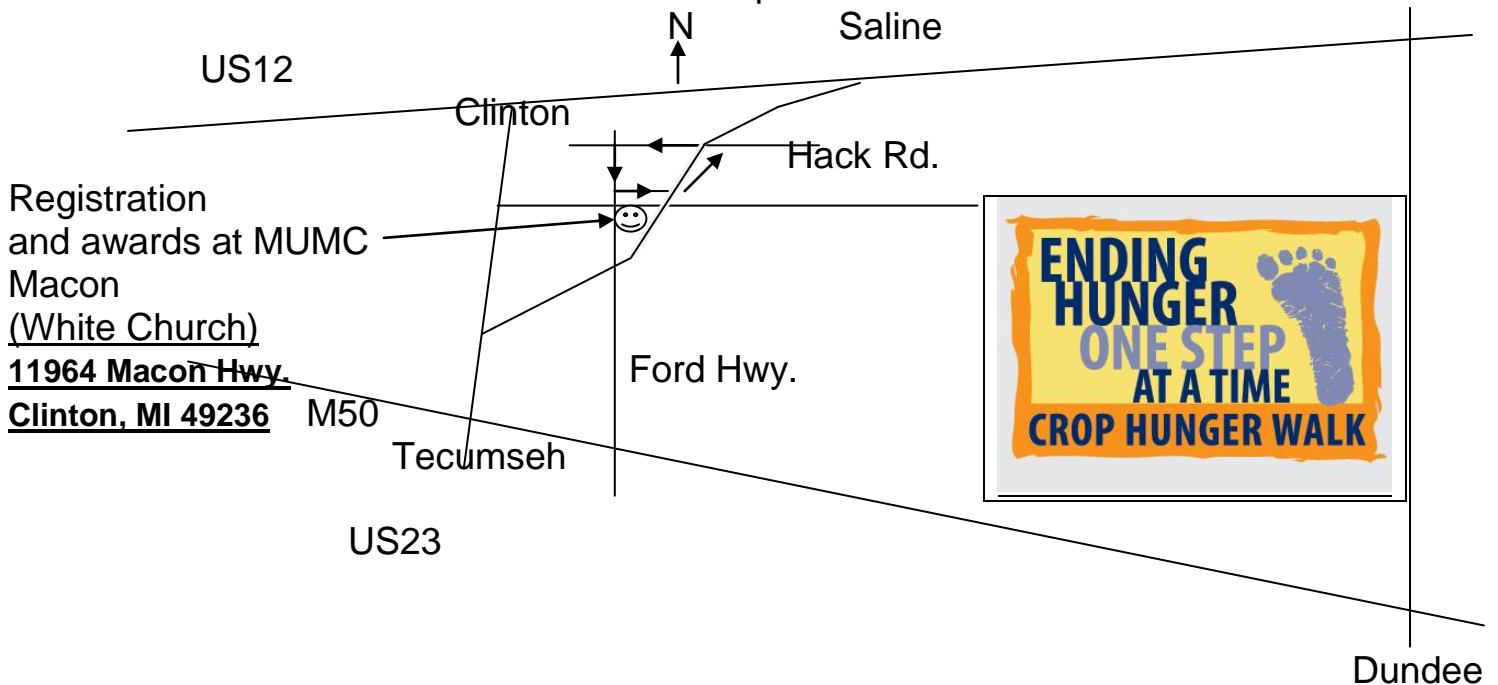
Get 15 - \$10.00 sponsors for YOUR run! Bring donations of \$150.00 to www.CWSCROP.ORG and run a race for free.

Sponsor _____ \$ _____ Sponsor _____ \$ _____
 Sponsor _____ \$ _____ Sponsor _____ \$ _____
 Sponsor _____ \$ _____ Sponsor _____ \$ _____

I would like to obtain an envelope to raise additional funds (circle

one) YES No

LOCATION MAP is not to scale 10 k is two laps.



Gold, Silver and Bronze color medals in 14 age groups FEMALE & MALE each race –10, 11-14, 15-16, 17-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-65, 66+

(Age groups awards will be adjusted to have a minimum of 4 people in each category)

- 10K (2 loops) and 5 K – Race course: Start is at the East end of Short Street near the corner of Macon and Tecumseh-Macon road, run goes North East on Macon-Saline road, turns left onto West on Hack road, South on Ford Road, left on Short Street to finish. Accurately measured courses.

Contact: Spencer Ruffner – 517- 423-1980 or at ruffnersp@gmail.com for more information. Register on line at www.cwscrop.org (We also need volunteers) or mail in registration to Spencer Ruffner at 9234 Murphy Hwy. Tecumseh, MI 49286

12.5% of funds raised will go to Tecumseh Service Club and 12.5% will go to the Clinton Food bank. 75% of Funds go to Church World service for food security, water availability and assisting children.

Additional donations / sponsorship to CROP –Church World Service \$ _____

Go to <http://www.cwscrop.org>

CROP HUNGER RUN June 19-2010.DOC (over)