



Tomato Trot 5K

Saturday August 28th
Race starts at 10:30 AM

At: Red Fire Farm
7 Carver St.
Granby, MA

(visit redfirefarm.com for directions)

Entry Fee: \$15 pre-registration
\$18 race day

Course: 5K cross-country run through the farm's fields and pastures. Walkers welcome!

Prizes: Baskets of fresh produce for top finishers and raffle winners. Organic Red Fire Farm Tomato Trot T-shirts are free for all entrants.



10th Annual Tomato Festival



Celebrate the beauty and bounty of the season after the race!
***TASTE** over 100 varieties of our organic tomatoes ***LISTEN** to live music ***LEARN** great new ways to eat well and eat local from preservation and professional chef cooking demos ***ENJOY** the fun with **Pick Your Own Tomatoes, Food Vendors, Local Artisans, Kids Activities and Hayrides!** Join us from 12-5 pm. Admission is free for race participants and our CSA members, \$5 cost for everyone else. For more information go to www.redfirefarm.com or call (413) 467-SOIL.

Please mail this form to: Red Fire Farm, 7 Carver St, Granby, MA, 01033. Make checks payable to Red Fire Farm.

Name:

Email:

Age:

T-Shirt Size:

Sex:

Mailing Address:

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 Red Fire Farm Tomato Trot, 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 Red Fire Farm Tomato Trot 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 including commercial advertising.

Signature

Date