

WHEAT FOODS COUNCIL
2017



ENRICH YOUR LIFE

THE INAUGURAL ENRICH YOUR LIFE 5K AND 1 MILE FUN RUN IS SPONSORED BY THE WHEAT FOODS COUNCIL AND IS PUT ON BY MANHATTAN RUNNING COMPANY. A PORTION OF THE PROCEEDS WILL BE DONATED TO THE FLINT HILLS BREADBASKET. AFTERWARDS, PLEASE HANG OUT WITH US FOR THESE OTHER FUN ACTIVITIES:

FREE PASTA DINNER FRIDAY NIGHT FOR ALL RUNNERS

- NATIONAL FESTIVAL OF BREADS
- BBQ DEMONSTRATIONS
- LIVE MUSIC
- WILLIE THE WILDCAT
- WHEAT FOOD TRADE SHOW

NATIONALFESTIVALOFBREADS.COM

RACE DAY EVENTS

CONNECT

MANHATTAN
RUNNING COMPANY

- MANHATTANRUNNINGCO.COM
- @MANRUNCO
- MANHATTANRUNNINGCO



RACE SPONSORS

FLINT HILLS
Breadbasket
COMMUNITY FOOD NETWORK

RACE BENEFICIARY



WHEAT FOODS COUNCIL



ENRICH YOUR LIFE 5K

SATURDAY JUNE 17TH, 2017



NORTH DAKOTA
WHEAT COMMISSION
Building Bigger Better Markets



SATURDAY, JUNE 17



RACE INFO

RACE WILL START AND FINISH AT BLUE EARTH PLAZA NEAR THE CORNER OF 3RD ST AND COLORADO ST.



5K STARTS AT 7:30AM
1 MILE STARTS AT 8:15AM



AWARDS FOR 5K

14 & UNDER | 15-19 | 20-24 | 25-29 | 30-34
35-39 | 40-44 | 45-49 | 50-54 | 55-59 |
60-69 | 70+

TOP OVERALL MALE AND FEMALE WILL RECEIVE A PLAQUE

1 MILE: THIS IS CONSIDERED A FUN RUN AND WILL BE TIMED BUT NO AWARDS WILL BE GIVEN



PAYMENT OPTIONS

CASH, CHECK OR ONLINE



PACKET PICK UP

THURSDAY, JUNE 15, 10-7 PM AT MRC
FRIDAY, JUNE 16, 10-7 PM AT MRC
SATURDAY, JUNE 17, 6:30-7:20 AM AT BLUE EARTH PLAZA

REGISTER ONLINE AT
MANHATTANRUNNINGCO.COM

OR

FILL OUT THE PARTICIPANT INFORMATION FORM

NAME

ADDRESS

CITY

STATE ZIP GENDER AGE

ON RACE DAY

EMAIL

PHONE

DO YOU PLAN TO ATTEND THE PRE-RACE PASTA DINNER AT 6PM AT THE HILTON GARDEN INN? IF SO, HOW MANY PEOPLE WILL BE ATTENDING THE DINNER WITH YOU (INCLUDE YOURSELF IN THE #)

ATTENDING _____

SOFT STYLE TEE

YM YL S M L XL XXL XXXL

"X" YOUR SIZE

EMERGENCY CONTACT INFORMATION

NAME

PHONE

RELEASE WAIVER

I AGREE TO HOLD MANHATTAN RUNNING COMPANY AND THE WHEAT FOODS COUNCIL HARMLESS AS TO ANY CLAIM FOR DAMAGES FOR ANY ACCIDENT OR INJURY OF ANY KIND RESULTING FROM MY PARTICIPATION IN THIS RACE. I ASSUME ALL RISK, RESPONSIBILITY AND LIABILITY FOR ANY PROPERTY DAMAGE OR INJURIES I MAY CAUSE OR SUSTAIN WHILE PARTICIPATING IN THIS RACE. I GIVE MEDICAL PERSONNEL PERMISSION TO TREAT MY INJURIES IF I AM UNABLE TO MAKE THE DECISION FOR MYSELF.

PARTICIPANT SIGNATURE OR GUARDIAN, IF UNDER 18 DATE

ENTRY FEE

5K: \$20 THROUGH JUNE 4
\$25 ON OR AFTER JUNE 5
1 MILE: \$15 THROUGH JUNE 4
\$20 ON OR AFTER JUNE 5TH

CHECK OR CASH ONLY

UNLESS YOU'RE REGISTERING ONLINE, MAKE CHECKS PAYABLE TO "MANHATTAN RUNNING CO."

MAIL OR RETURN ENTRY FORM AND PAYMENT TO:

MANHATTAN RUNNING COMPANY
1129 GARDEN WAY
MANHATTAN, KS 66502

REGISTER ONLINE AT:

WWW.MANHATTANRUNNINGCO.COM

EMERGENCY CONTACT

785.320.6363
BEN SIGLE OR TREY VERNON

PAYMENT