

“Pulling For A Cure”

Farm Country 5K & Bike Ride is part of an all-day benefit for the Spectrum Health Foundation. All proceeds are going to the Susan P. Wheatlake Regional Cancer Center. Supporting Integrative Therapies, education, transportation and holistic health support for patients on the road to recovery!



The day includes the 5k Race, Country Bike Ride, Children’s Activities, Petting Farm, a Horse Pull, Memorial Balloon Release, and Ice Cream Social.

Come for the race and stay all day!

Mail registration(s) to:
Geers Farms “Pulling For A Cure”
5600 West Geers Road
McBain, MI 49657

****One registration form per participant per event****

More information available at:
www.geersfarms.com
www.facebook.com/geersfarms
231-825-4032

Register online @ www.geersfarms.com

GEERS FARMS PULLING FOR A CURE
5600 WEST GEERS ROAD
MCBAIN, MI 49657

Geers Farms

“Pulling For A Cure”

**Farm Country
5 K Run/Walk**

6th Annual



Saturday

June 17, 2016

5K Run/Walk 8:30

Kids Run 9:30

Kids Ride 10:00

Off Road Ride 10:30

at Geers Farms
5600 West Geers Rd
McBain, MI 49657

Farm Country 5K Run/Walk/Tot Trot

5k Course: New Course for 2017!

Take a trip around the farm over our rolling pastures.

Kid's Course: New for 2017! Young children race around the pumpkin patch. All participants receive a ribbon.

Farm Country Bike Ride

Family Friendly Road Ride: Riders will be treated to a ride through the rolling country side on paved and gravel roads. Ride will be 9 miles long. Complete as much of the course as you would like. Helmets are encouraged.

Off Road Bike Ride: The off road ride will be a mountain bike style ride. Riders will be challenged as they ride through the hilly country side on single track trails, two track roads, gravel roads and paved roads. Ride will be approximately 10 miles long. Helmets are required

Youth Ride: New for 2017! Young kids can take a ride around pumpkin patch. All participants receive a ribbon. Helmets are required.

Cost:

5K Run/Walk	\$20
Bike Ride	\$25
High School Grad and under	\$15

Make Checks Payable To:

Geers Farms Pulling For A Cure

T-Shirts: Guaranteed for all pre-registrations received by June 1st. Shirts and sizes available for late registers and day of event registration will be based on a "first come, first served" basis.

Refreshments: There will be homemade donuts, fresh fruit, water, and other refreshments in the registration area available for participants after each race.

Awards: Awards for 5k Run and Off Road Bike Ride will be given for 1st, 2nd and 3rd place in each age group, and trophies for overall male and female.

All bike rides start and finish
at Geers Farms.

Name

Address

Email Address

Phone

Emergency Contact

Phone

Event (mark one)

5K Run 5K Walk Kid's Course
 Family Ride Off Road Youth Ride

T-Shirt (mark one, sizes are generic)

YS YM YL
 S M L XL XXL

Gender (mark one)

Male Female

Age Group (mark one)

14 & Under 15-19 20 - 29
 30 - 39 40 - 49 50 - 59
 60 & Over

WAIVER: In consideration of your acceptance of his entry, I hereby, for myself, my heirs, executors and administrators, waive all rights and claims for damages I may have against individuals associated with the "Pulling For A Cure", Geers Farms LLC, its agents, representatives, sponsors, successors for any and all injuries suffered by me during, because of, or in travel to or from said event. I attest and verify that I have full knowledge of the risks involved in this event and that I am physically fit and sufficiently trained to participate in this event.

Signature and Date (Parents signature if under 18 years old)