

*Join the fight against hunger in Perquimans County!*

# PERQUIMANS COUNTY 5K FIT FOODIE RUN/WALK FOR HUNGER

Sponsored by: **FOUNDATION  
FITNESS**

*"All Things Food and More" Vendor Fair*

**Saturday, November 4, 2023**

Perquimans County Recreation Center  
310 Granby St., Hertford, NC

Run/Walk Registration - 9:00 am

Run/ Walk 10:00 am

\$35.00 Registration Fee

[www.foundationfitnessnc.com/race-registration](http://www.foundationfitnessnc.com/race-registration)

**Vendor Fair 9 am - 3 pm**



Vendors - Food Trucks - Events/Prizes for Kids - Cookie Decorating  
Door Prizes - 50/50 Raffle - Dessert Bake-Off/Prizes  
Non-Perishable Food Collection - Monetary Donation Collection

Food and monetary donations support **The Open Door Food Pantry**

Pre-registration guarantees a T-shirt.  
Registrations after October 23rd and  
on race day will receive a T-shirt on a  
first-come, first-served basis.

For Vendor registration or to participate  
in the Bake-Off

visit: [perquimansopendoor.com](http://perquimansopendoor.com)

For donation collection information,  
contact Dina @ 252-331-3724 or  
Jackie @ 252-334-7125



Be a part of the change that benefits your  
neighbors in Perquimans County.  
Donation and contribution forms available.

Make checks payable to Foundation Fitness  
Mail entries to :Foundation Fitness  
117 W. Market Street, Hertford, NC, 27944

I am registering for: 5K Run Walk for Hunger

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_\_ Sex F M

T-Shirt (circle below):

ADULT T-SHIRT SIZE: S M L XL

YOUTH T-SHIRT: S M L

Prizes and Awards: 5K Run and Walk for Hunger

**RELEASE AND WAIVER:** I know that running a road race is a potentially hazardous activity. I should not enter and run 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. I assume all risks associated with running this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat or humidity, traffic and the conditions of the road, all risks being known and appreciated by me. 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 Perquimans County, the Town of Hertford, The Open Door Food Pantry, Foundation Fitness, their representatives, officials, agents and successors, volunteers and all sponsors from claims or liabilities of any kind arising out of my participation in this event. I grant permission to all the forgoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature of participant (or parent/guardian, if participant is under 18)

\_\_\_\_\_ Date \_\_\_\_\_