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Richard Abbott, CPA

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5K for Farmland & Farmer's Market Festival



October 15, 2017

Welcome!

Event Program

- 9 a.m. Registration & Pre-registration Number Pick-Up Opens
- 10:30 a.m. Farmer's Market Opens
- 10:50 a.m. Runners Line Up on West St.
Walkers line up on the dike
- 11 a.m. 5K RACE and 2-MILE WALK BEGIN**
- 11:00 a.m. Live Music begins: "Banish Misfortune"
- 12 p.m. Local Beer served & donated by Valley Malt
Local Beer Sampling/Voting with Beerology
- 12 p.m. Race Winners Prizes Awarded**
- 12:20 p.m. General Prize Drawing for All Registrants!**
- 1 – 1:30 p.m. Parachute Games with Trevor the Games Man
- 1:30 p.m. Farmer's Market Wraps Up

Conserving the Valley You Love Since 1970

Thank you for your support!



Thank You for Being Here Today!



For 47 years, Kestrel Land Trust has been helping communities **save the special places they care about.**

From family farms growing your local food, to forests providing homes for wildlife and hiking trails, **YOUR support makes it possible to conserve the land in the Valley you love.**

Get involved! Visit kestreltrust.org to find out more about:

- **Exploring:** Join us for guided hikes and outings.
- **Volunteering:** Get out on the land or help us with events.
- **Learning:** Come to a workshop about conserving your land or managing it for wildlife.

Thank you for conserving the Valley you love!

Shop Local at the Farmers' Market!

Apex Orchards: Fresh apples & pears

Aunt Elsie's Cookies: Oatmeal crisp cookies

Barstow's Dairy Farm: Pumpkin cookies, whoopee pies, muffins, pumpkins and butternut squash

Carr's Cider House: Hard cider, vinegar, cider syrup & snow cones

Crooked Stick Pops: Healthy hand-made popsicles

Flavors of Cook Farm: Chili, soup, & ice cream

The Fry King: Hot, local French fries

Golden Goddess Honey: Herbed honeys

Grass Hill Alpacas: Cozy socks, hats, scarves, blankets

New England Wild Edibles: Mushrooms, fresh or dried

North Hadley Sugar Shack: Cider donuts, kettle corn, & maple walnut coffee

Wheelhouse Farm Truck: Local hot sandwiches

Today's Entertainment, Activities & Info Booths

Music by: "Banish Misfortune" Based in the Valley, upbeat, traditional acoustic music from Ireland.

Valley Malt: Locally grown grains malted & brewed to make excellent totally local brews (**A FREE beer for participants age 21+ with your pint glass**)

Beerology: Vote for your favorite local beer!

Trevor the Games Man: Stilt walking, Parachute Games for kids and other fun-loving folks

50/50 Fitness & Nutrition: Test your fitness level

Hitchcock Center: Reptiles and more

Mass Audubon: Turtles and touchable nature exhibit

U.S. Fish & Wildlife Service, Conte Refuge: Watershed models, pelts, duck call activity

Arrha Credit Union / Marathon Sports / Friends of Mt. Holyoke Range / Friends of Lake Warner

Prize Drawing for All Participants

Drop half of your **red raffle ticket in the jar with your favorite prize:**
Must be present to win!

**50/50 Fitness Nutrition, Hadley / Amherst Nurseries, Amherst
Broadside Bookshop, Northampton Hadley Garden Center, Hadley
Henion Bakery, Amherst / Judie's Restaurant, Amherst /
Marathon Sports, Northampton / Mt. Tom Ice Cream,
Easthampton / Park Hill Orchard, Easthampton / Richardson's
Candy Kitchen, Deerfield / Simple Gifts Farm, Amherst /
Small Oven Bakery, Easthampton / Tandem Bagels, Easthampton
Whole Foods Market, Hadley**

Race Winner Prizes Donated by

**Whole Foods Market / Marathon Sports /
A 2 Z Science & Learning Store / Central Rock Gym**

**Thank you to these local businesses
for donating prizes!**