

The **Ingersoll Harvest Run** is an annual event to encourage people of all ages to become more active and aware of a healthier lifestyle. All events will start and finish at Harris Heights School.

[www.ingersollharvestrun.com](http://www.ingersollharvestrun.com)



## What Can You Do?

There are **3 events** for everyone to choose from;

a **10km** road race designed for those serious runners who train hard and wish to showcase their achievements,

a **3km** run with the less competitive participant in mind, it has a little challenge to it, but still short enough for a newcomer to accomplish,

and finally a fun social event-the **1km** walk/run, our goal is to get as many people to participate in the **Harvest Run** and for those who are not avid runners this event is perfect for them. Grab a friend and take a walk around to show your spirit.

Our motivation for this enjoyable event is our very own; **Ingersoll Fusion Youth Centre**. All our proceeds will be donated to the **Fusion Centre** to help with their goals of encouraging the youth of Ingersoll & area to become aware of a healthier and happier lifestyle.

The tasks that need to be completed will include the assistance of many dedicated volunteers and businesses. We are hoping that our community is looking forward to this event as much as we are and express their interest in many ways.

**Volunteers & Sponsors** please contact the event coordinators at your earliest convenience to confirm your support:

**Cory Parrow (519) 485-5846**

[cory@ingersollharvestrun.com](mailto:cory@ingersollharvestrun.com)

**Tim Parrow (519) 275-2159**

[tim@ingersollharvestrun.com](mailto:tim@ingersollharvestrun.com)

## Sponsors ~ Donors ~ Volunteers

**Volunteers:** assist with organizing, gathering more volunteers, collecting donations and sponsorships, distributing flyers, set-up, execution, and clean-up of the actual event

**Donations:** gifts for our participants, gift bags for all entries, fruit for competitors, water for thirst

**Sponsors:** Financial assistance for our expenses, such as t-shirts, printing, signs, marketing, media exposure, rentals, prizes

### DONOR LEVELS

**Gold level Donors** will benefit from recognition of full logos on our Event T-shirts, Event Flyers, applicable signs at the event, and many of our marketing literature.

**Gold Level Donors:** sponsorships or donations with a value of **over \$1000**

**Silver level Donors** will receive recognition on our T-Shirts, event flyers, and event signs, but only in the form of their names-no logos will be used.

**Silver Level Donors:** sponsorships or donations with a value of **\$350-\$999**

**Bronze level Donors** will be recognized on our Event Appreciation wall and some of our literature with their name only.

**Bronze Level Donors:** sponsorships or donations with a value of **\$100-\$349**

The Ingersoll Harvest Run has become part of the **Runner's Choice Runpiker Series** which includes 7 other races in Southwestern Ontario. This draws runners from many areas into our event.



SHOW INGERSOLL YOUR SUPPORT

Sunday August 30, 2009