



free  
Range  
run



5K Off-road field & forest  
SEPT. 26TH 2015

## Connecting with Nature: This is not your typical 5K!

The **Free Range Run/Walk** will wind through field and forest and offer vistas of pasture, prairie meadows, pond, streams, farm animals, woodland trails and cropland.

**Sept. 26 at 9am Check-in 8-8:45am**

\$30 Adult    \$15 Child (12 & under)

**Registration:** Go to [www.stratfordecologicalcenter.org](http://www.stratfordecologicalcenter.org) or [www.columbusrunning.com](http://www.columbusrunning.com).  
Limited to 100 participants. Must register by September 10th to receive t-shirt.

### Participants receive:

- Free Range Run T-shirts
- Admission to Stratford's Harvest Fair (held the same day)
- Beverages/snacks/fruit
- Stratford goodies, including local hand-made soap by Spotted Salamander)
- Awards for the top finisher in Youth, Women and Men's divisions.

**Proceeds** go to Stratford's Giving Garden project which provides fresh organic produce to families in our community via the Delaware PIN food bank.

### Located at:

Stratford Ecological Center  
3083 Liberty Road • Delaware • Ohio • 43015  
740-363-2548

[info@stratfordecologicalcenter.org](mailto:info@stratfordecologicalcenter.org) • [www.stratfordecologicalcenter.org](http://www.stratfordecologicalcenter.org)