

MANIFEST

CARGO

NAME:		
TIME:	SPOKECARD	<input type="radio"/> FIXED/SS <input type="radio"/> ROAD
CARGO WEIGHT (lbs):		

Bring back the required food from the stores listed on the manifest, plus bring back additional food. The heaviest load will win. A variety of categories within the cargo race will be recognized, including Fixed, Trailerless, and so on. Additional food does not have to be purchased at the stores listed on the manifest. Racers can fundraise to collect money to buy food at the store of their choice or can collect food from friends and co-workers that they pick up along the race route. Racers must be at the finish line by 4pm to qualify. Racers arriving at the finish line after 4pm will be disqualified. Receipts must be presented to prove that you visited the checkpoint and purchased the required goods.



ABSOLUTELY no glass or perishables, please.

Note: If either or both items are sold out at your checkpoint, you may substitute any of the following in place of the missing item: (1) 1lb bag of rice, (1) 1lb bag of dried beans, (1) 1lb jar of peanut butter, (1) 15oz can of food, (1) 1lb bag pasta, or (3) 5oz cans of tuna. Total weight of purchases must be approximately 2 lbs at each checkpoint.

the following checkpoints can be done in any order:

SAFEWAY

Webster & O'Farrell (1335 Webster)

- (1) 1lb jar peanut butter
- (1) 1lb bag dried beans

 OFFICE USE ONLY

RAINBOW

Folsom & 13th (1745 Folsom)

- (1) 1lb bag of rice
- (1) 15oz can of food

 OFFICE USE ONLY

Rainbow Grocery offers a 10% discount to SFBC members

SAFEWAY

Jackson & Davis (145 Jackson)

- (1) 1lb bag pasta
- (1) 1lb bag of rice

 OFFICE USE ONLY

MAYFLOWER

Bush & Jones (985 Bush)

- (1) 1lb bag of dried beans
- (1) 15oz can of food

 OFFICE USE ONLY

SMART & FINAL

Bayshore & Flower (355 Bayshore)

- (2) 1lb bags of pasta

 OFFICE USE ONLY

FINISH LINE: SF FOOD BANK

900 Pennsylvania Ave (@23rd St.)