

RACE FEATURES

- Well marked, accurate course
- Splits given every mile
- Post race refreshments
- Quick computerized results
- Door prizes

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CHRIS COOK MEMORIAL RACE
5911 LANDING LN
FREMONT, MI 49412

NATIONAL BABY FOOD FESTIVAL



Chris Cook
Memorial
5K & 10K Run

SATURDAY, JULY 23, 2011
8:30 A.M.

The Race

The race originated in 1973 and has been run ever since. The Chris Cook Memorial 5K/10K Race became part of the National Baby Food Festival in 1986. Both courses start and finish near the high school. The 5K follows residential streets within the city. The 10K loops out and back on scenic, rolling country roads and through forested Branstrom Park.

Facilities

Race headquarters is the lobby area of the Fremont High School Multi-Purpose Area. Showers are available to runners after the race.

Entry Fee

The entry fee for either race is \$20 per runner, if received by July 16. The on-site registration fee is \$25 per runner. On-site registration is from 7:30-8:15 a.m. race day.

Age Divisions

Age categories for men and women in both races

Awards

10 and under	11-14	15-19
20-24	25-29	30-34
35-39	40-44	45-49
50-54	55-59	60-64
65-69	70 and over	

Special awards go to overall male and female winners. Top three runners in each age group receive awards.

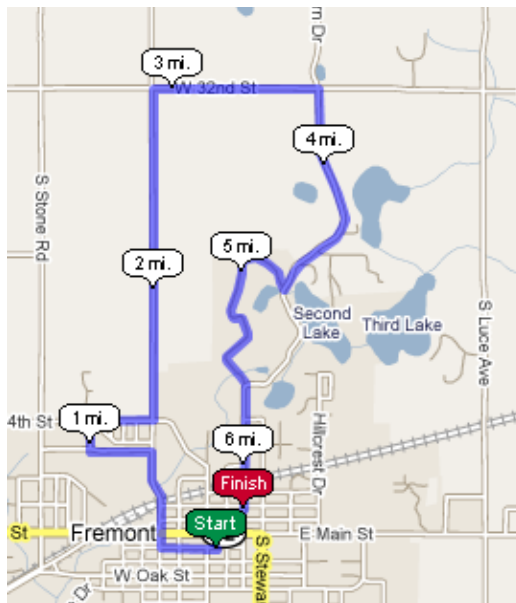
Something for the Kids Downtown Dash

Immediately following the Chris Cook run, the Fremont Area Track Club will be sponsoring the Downtown Dash. This will be a race for children 12 and under. Entry forms for the Downtown Dash can be found at www.theracedirector.com

5 K Course



10 K Course



Questions:

Contact: **Cliff Somers** (231) 924-6045

Results at <http://www.theracedirector.com> or
<http://www.fremontxc.com>

ENTRIES MUST BE RECEIVED BY JULY 16, 2011, TO AVOID LATE REGISTRATION FEE

REGISTRATION FORM

PLEASE PRINT IN INK OR TYPE. **MAKE CHECKS PAYABLE TO: FREMONT PUBLIC SCHOOLS.**

MAIL TO: CLIFF SOMERS, 5911 Landing Ln, FREMONT, MI 49412

LAST NAME: _____ FIRST NAME: _____

ADDRESS: _____

CITY _____ STATE: _____ ZIP: _____

PHONE: _____ E-MAIL: _____

DATE OF BIRTH: _____ AGE ON RACE DAY: _____

SEX: MALE FEMALE RACE: 5K RUN

T-SHIRT S M L XL 10K RUN

5K WALK

T-Shirt guaranteed to entries received by July 16.

Signature: _____

To be signed by the athlete and/or parent-guardian of athletes under 18: I hereby release the sponsors and officials of the Chris Cook Memorial Races to be held on July 23, 2011 from all damages or injuries incurred during or arising out of my participation in this event. I also certify that I am in sufficient physical condition to participate in this event. The race management reserves the right to cancel the race due to weather or other conditions that the race management team sees as dangerous to race participants. In the case of cancellation, the event will not be rescheduled and no refunds will be given.