

RACE FEATURES

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CHRIS COOK MEMORIAL RACE
5911 LANDING LN
FREMONT, MI 49412

NATIONAL BABY FOOD FESTIVAL



Chris Cook Memorial 5K & 10 Mile Run

SATURDAY, JULY 21, 2018
10 Mile 7:30 a.m.
5K 8:00 a.m.

The Race

The race originated in 1973 and has been run ever since. The Chris Cook Memorial became part of the National Baby Food Festival in 1986. Both courses start and finish at the new high school. The 5K takes you past Fremont Lake park, while the 10 mile tours around Fremont Lake.

Facilities

Race headquarters is at Fremont High School, 5421 S. Warner. Showers are available to runners after the race.

Entry Fee

The entry fee for either race is \$25 per runner, if received by July 13, 2018. The on-site registration fee is \$30 per runner. On-site registration is from 6:45-7:45 a.m., race day.

On-Line Registration

www.fremontkc.com/index.php?id=325&Chris-Cook-Memorial-Run

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.

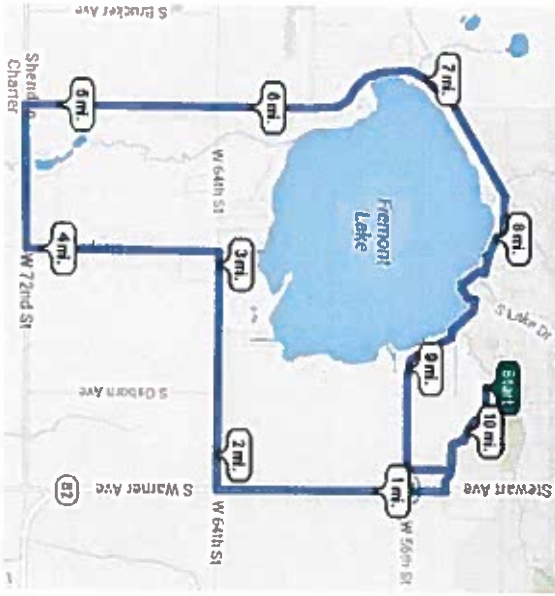
5 K Course

Start 8:00 a.m.



10 Mile Course

Start 7:30.m.



Questions:

Contact: **Cliff Somers** (616) 834-2789
Results at www.theracedirector.com or www.fremontsxc.com

ENTRIES MUST BE RECEIVED BY JULY 13, 2018 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/WALK

T-SHIRT S M L XL 10 MILE

T-Shirt guaranteed to entries received by July 13.

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 21, 2018 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.
Signature _____