

22nd Annual 2011 Chokecherry Run/Walk (10K , 5K and 1 mile)

Race Day : Saturday, September 10th, 2011

- Registration** :
- a) Forms received by 9/6/11 (Tues) will be guaranteed a T-shirt on race day.
 - b) Pre-registration will be held on Friday evening (9/9/10) at the Frank Day Park from 5:00-6:30 PM
** t-shirts and numbers **will not be** available at this time – pick them up race day.
 - C) Race-day registration will be from 7:30 - 8:45 AM at the Frank Day Park (swimming pool park)
 - D) All who pre-register, please pick up your numbers and shirts at Frank Day Park on race day
**** plan on being early!

Entry Fee : Pre-registration

- Race only - \$5 for the 1st race (add \$5 for an additional race)
- Optional - add \$10 to receive a 2010 Chokecherry Festival T-shirt.

Race-day registration

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Starting times : 10K , 5K run and 5K walk - 9:00 AM 1 mile fun run - about 10:00 AM

Courses - The 5K races and mile will start at the Frank Day Park.
 The 10K run will start at the fish hatchery south of town. (You need to be at the park by 8:15 for a ride)
 All races will finish at the Frank Day Park.
 The 5K will have some hills and about 5/8 mile of gravel. The 10K is paved road and mostly downhill.
 The 1-mile run will be about 2 1/4 times around the city park - flat course.

Awards : Each overall female and male winner in the 10K run, 5K run, and 5K walk will receive
 1) a plaque and 2) \$25 in Lewistown Area Chamber Bucks
 The top 3 finishers in each age division in the 10 K, 5K run, and 5K walk will receive medals.
New: In the 1 mile: The top 3 male and female finishers under 19 yrs or over 60 yrs in the one mile will receive medals - 4th and 5th places receive ribbons. The top finisher in the mile will receive a plaque.

Note – All entrants in the 12 and under category for the 5K will be in a walk and/or run division. They may choose to run, walk or a combination of the two for the duration of the race. There will be no distinction between the runners and walkers. A plaque will be awarded to the winners + medals for the first 3 places.

Information and mailing : Race Director: Mike Pederson - 78 Bitterroot Dr, Lewistown MT 59457
phone: 406-366-2132 e-mail both: pedersonmk@lewistown.net and mikep@hcr-inc.com

Make checks Payable to : Lewistown Area Chamber of Commerce

Registration Form

Name (please print) _____

Address _____

City _____ **State** _____ **Zip** _____ **Phone** _____

Male [] **Female** []

“X” in all races that you wish to enter. Note : The 5K’s and 10K will start at the same time

10K run [] **Wheelchair 10K** [] **12 and under 5K** [] **5K walk** [] **5K run** [] **1 mile** []

Please circle your age category as of 9/11/10 :

Under 10 10-12 13-15 16-19 20-29 30-39 40-49 50-59 60-69 70-79 over 80

Shirt Size : youth [] adult medium [] adult large [] adult X-large [] adult XX- large []

Payment - one race only \$_____ additional race \$_____ (optional - \$10) T-shirt \$_____ = \$_____

Release : “ I hereby release the Lewistown Area Chamber of Commerce, its sponsors, and volunteers from any and all liability, including all medical claims which may arise from my participation in this event”

If under 18 years of age, please have a parent or guardian sign this waiver:

Signature _____ **Date** _____