

# CHEF & CHILD 5K NIGHT RUN & 1 Mile Walk August 28, 2010

At The Nevada Country Club, Nevada, Mo.

**ALL PROCEEDS WILL BENEFIT THE CHEF & CHILD FOUNDATION A PART OF  
THE AMERICAN CULINARY FEDERATION**

We are dedicated to the advancement of good nutrition for children and education to help them make better choices to form healthy eating habits.

This is a night race so the heat of August will not bother you. Bring your own head lamp or flashlight. The route takes place on the golf course and cart paths. You will have to cross two bridges and have a couple of challenging hills. There will be spotters on the course to direct you where to turn. This will be a great time for all ages and all levels of ability.

## PRIZES

A unique chef style prize will be awarded to 1st, 2nd and 3rd place in each age division for both men and women in the 5K run. 11- 14, 15 - 19, 20 - 29, 30 - 39, 40 - 49, 50 - 59, 60 & above. All kids 10 and younger will receive a ribbon.

Tell your friends and Come out and join the fun in this unusual race there are no other night races in our area!!!

**Directions:** 1 1/2 miles south of Austin on Spring Street. As you cross the RR tracks the country club is on the right side.

### Entry fees:

- \$10.00 per person, Tax Deductible
- Children 10 and under free
- Race Night registration starts at 8:00 PM in the Pro Shop of the Nevada Country Club.
- Water and snacks will be provided for all participants.

For more information or to register call:

Chef William Askew CEC  
Nevada Country Club  
620-404-9234 or email at  
Graves Menu Maker  
baskew\_2000@yahoo.com  
Woods Supermarket

Sponsored By:

### Mail form and entry fee to:

Nevada Country Club  
Foundation  
Chef & Child Run  
PO Box 414  
Nevada, Mo. 64772

Make checks payable to :ACF Chef & Child

Name \_\_\_\_\_ Address \_\_\_\_\_

Age on race day \_\_\_\_\_ Sex \_\_\_\_\_ Date of birth \_\_\_\_\_ Phone \_\_\_\_\_

**Liability waiver must be signed before race:** I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event. Having read this waiver and in consideration of accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the organizers, sponsors, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Date \_\_\_\_\_ Signature \_\_\_\_\_

Signature of Parent or Guardian if under 18 \_\_\_\_\_