

3rd Annual CHEF & CHILD 5K NIGHT RUN & 1 Mile Walk Saturday, July 30, 2011

At The Nevada Country Club, Nevada, Mo.

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

Our mission is to educate children and families in understanding proper nutrition through community-based initiatives led by American Culinary Federation chef members, and to be the voice of the culinary industry in its fight against childhood hunger, malnutrition and obesity.

This is a night race so the heat of July will not bother you. Bring your own head lamp or flashlight, this is highly recommended. The route takes place on the golf course and cart paths. You will have to cross three bridges which have been rebuilt for your safety and has 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. How often do you get to race at night?

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 for the 5K and \$5.00 for the 1 mile walk, Tax Deductible - 100% goes to the foundation.
- Children 10 and under free
- Race Night registration begins at 8:00 PM in the Pro Shop of the Nevada Country Club. Race starts at 9:00 PM.
- Water and the best snacks around will be provided for all participants.

For more information or to register call:

Chef William Askew CEC
620-404-9234 or email at
baskew_2000@yahoo.com

Sponsored By:

Nevada Country Club
Graves Menu Maker
Woods Supermarket

Mail form and entry fee to:

Nevada Country Club Chef & Child Run PO Box 414 Nevada, Mo. 64772
Make checks payable to :ACF Chef & Child Foundation

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 _____