

# Keep on Track



5k 10k  
Kids 2k

Fund Run/ Walk  
Benefit Luncheon  
& Auction  
May 1, 2010

2010 CCHS Keep on Track 5k-10k Fund Run/Walk, Benefit luncheon, Auction and kids 2k fun run

Name \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
Zip \_\_\_\_\_  
Email \_\_\_\_\_  
Phone \_\_\_\_\_

**Please Circle One**

Adult 10k \$20 (includes Lunch)    Adult 5k \$20 (includes Lunch)    Adult \$7 Lunch Only  
Kids 10k \$10 (includes Lunch)    Kids 5k \$10 (includes Lunch)    Kids \$5 Lunch Only  
Kids 2k \$10 Fun Run (includes Lunch)

Enclosed is full payment by check or money order for CCHS Keep on Track 5k 10k Fund Run and Benefit dinner. Make checks payable to: **CCHS track & Field**

**OR Bring form filled out with payment to the Registration desk at the stadium race day**

**Send application and payment to Keeping on Track 5k-10k Fund Run,  
C/O Ernie Brooks 541 Ne Loper, Prineville OR 97754**

Read & Sign Waiver — REQUIRED Incomplete forms will be returned and NO entry will be allowed. In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my family, my heirs, executors, & administrators, forever waive, release & discharge any and all rights & claims for damages & causes of suit or action, known or unknown, that I may have related to or arising out of my participation in the Keep on Track Fund Run and the other related races (the "Event") against the Crook County School District, its owners, employees, agents, representatives, officials and volunteers, all independent contractors and construction firms working on or near the Event courses, and all sponsors of the Keep on Track Fund Run and the Event and their officers, directors, employees, agents, representatives, successors, and assigns. I attest that: I am physically fit and have sufficiently trained for the completion of this Event; I am aware of the precautions that must be taken when running in warm or cold conditions; I acknowledge that running is inherently dangerous and, notwithstanding the dangers, I have voluntarily decided to participate in the Event. I assume the risk of injury or death that may result from my participation in the Event. I also agree to abide by any decision of an appointed medical official relative to my ability to safely continue or complete the Event. I further assume and will pay my own medical and emergency expenses in the event of an accident, illness, or other incapacity regardless of whether I have authorized such expense. Further, I hereby grant full permission to the Keep on Track Fund Run and/or agents hereby authorized by them, to use any names, photographs, videotapes, motion pictures, recording, or any other record of this Event for any legitimate purpose at any time. I have read this waiver carefully & understand it.

Signature of Entrant \_\_\_\_\_ Date \_\_\_\_\_

Legal Guardian Signature (required for under 18 entrants) \_\_\_\_\_ Date \_\_\_\_\_

# CCHS Keep on Track 5k-10k-2k Fund RUN/WALK & Benefit Luncheon and Auction

**SIGN-UP NOW!!! May 1, 2010**

**AUCTION ITEMS: Keith Urban Signed Guitar...Night & Golf @ Brasada Ranch...Firewood...Athlete work crews**

## **The Cause**

Hi, my name is Ernie Brooks and I am the head track and field coach at Crook County High School. This is the second year of the Get on Track, Fund Run.

The Fund Run provides a healthy and fun family activity while supporting the CCHS and CCMS track and field programs. This year the HS has over 70 athletes and the MS is expecting over 100.

The funds raised from this fundraiser will go toward bussing athletes to meets, our team district dinner, and paying for assistant coaches at the both the high school and middle school.

I want to thank all of the business and parents who put time and resources into this event.

## **Raffle**

Each racer will have their name put into a raffle drawing for fun prizes

## **Auction Items**

- **Signed Electric Guitar from Keith Urban**
- **1 Night and Golf @ Brasada Ranch**
- **Split firewood, delivered and stacked.**
- **Athlete Work Crews**

4 athletes doing 3 hours of work for you (approx value \$50 per crew)

**Much more.....**

**Please Check For Weekly updates @**

**<http://www.athletic.net/TrackAndField/School.aspx?SchoolID=260>**

**OR go to Facebook Events**

**<http://www.facebook.com/#!/event.php?eid=110994102250408>**

## **When**

May 1, 2010

9-10:30 am Start of Registration

<<<<<Please Pre-Register >>>>

10:30 am Kids 2k Fun Run Start

11:00 am 5k and 10k walk/jog/run start

11:45 pm Pasta Lunch

12:15 pm Auction

## **Where**

Ward Rhoden Stadium

Prineville, Oregon

## **Cost**

**Adults: \$20.00 includes race entry & lunch**

**Kids (through 8th grade): \$10.00 includes race entry & lunch**

**\$7.00 Adults Lunch Only**

**\$5.00 Kids Lunch Only**

## **Lunch Menu**

Spaghetti w/ Meaty Marinara Sauce

Linguini w/ Pesto

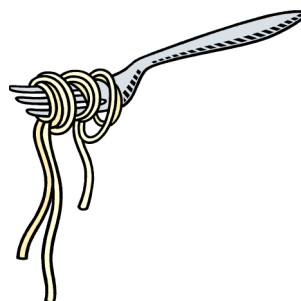
Gilled Chicken

French Bread

Green Salad

Dessert

And Drink



## **Course**

All races will start and finish at the stadium.

Kids 2k Fun Run will be flat on grass around the track then following the fence line around the baseball field, Cecil Sly and back to the track for a big finish.

5k & 10k are flat and on the road, big loop ending at the track.

Please use the links below to see routes. The route will be clearly marked.

<http://www.mapmyrun.com/run/united-states/or/prineville/690123827332716018>

**2k**

<http://www.mapmyrun.com/run/united-states/or/prineville/509123828808016796>

**10k**

<http://www.mapmyrun.com/run/united-states/or/prineville/394123829548651142>

**5.2k**

**Question ?**

**For Further information call:**

**Ernie Brooks 416-9180 or (Cell) 350-3405**

**Email- [Ernie.Brooks@crookcounty.k12.or.us](mailto:Ernie.Brooks@crookcounty.k12.or.us)**

