



The C-Ville Chill 5K Run is proud to announce this year's event has been chosen for the fourth year in a row as a qualifying event for the 2011 Bridge Run! Details will be in the SWAG bag which you will receive at registration.

This event has been reviewed for the physical activity content and has been endorsed by the Governor's Council on Physical Fitness, Health and Sports. This does not reflect endorsement of the sponsoring organization or the products used.

Do you have a little one who is interested in running?

The C-Ville Chill is excited to offer a Kids Fun Run/Walk which will begin at 10:45 am and is FREE! This run is open to all kids age 9 and under - all finishers will receive a ribbon.

The course is located on the school grounds which allows these participants to cross the same finish line as the 5K participants and measures 200 meters.

We look forward to seeing a great turn out for this addition to the C-Ville Chill festivities.

2013 C-Ville Chill 5K Run

Saturday, February 23, 2013

At 10:00 A.M. Sharp



Artwork created by
Howard Schultz

Sponsors and Volunteers

We would like to thank the following sponsors and volunteers for their support, without them this would not be possible.

Sponsors:

meijer

C-Ville Chill 5K Run

Race Date: February 23, 2013

Time: 10:00 A.M. Sharp

New Course

We are excited to offer a new course this year which will begin and end at the Coopersville High School allowing us to hold a Kids Fun Run/Walk (200 meters) as well. Please see the enclosed **map**.

We offer a measured, well marked 3.1 mile course which takes participants through downtown and residential areas of Coopersville. **Please Note: All participants must be able to maintain a 12 minute per mile pace.**

Packet Pick Up

Location: Coopersville High School
198 East Street
Coopersville, MI 49404

Saturday, February 23, 2013 from 9:00 am to 9:45 am
Friday, February 22, 2013 from 9:00 am to 9:00 pm
at 236 Homer Lane in Coopersville

Registration

If your registration is received by **February 8, 2013**, then the fee is **\$20.00** per participant. By meeting this deadline, you are guaranteed a t-shirt. Registrations received on **February 9 through the day of the race**, the fee will be \$25.00 and no t-shirt is guaranteed. The 200 meter Kids Fun Run/Walk is **FREE** and all finishers will receive a ribbon.

Mail your registration form to:

C-Ville Chill 5K Run
c/o 236 Homer Lane
Coopersville, MI 49404-1148
Email: c-villechill5krun@charter.net

Refreshments will be available after the run.

Plaques and Medals

Plaques will be given out to:

Male and Female

Overall Finisher

1st Masters - Over Forty

1st Senior Masters - Over Sixty

Medals will be given out to the top three finishers in each age group and divisions.

Males

Age 9 and Under

Age 10 - 14

Age 15 - 19

Age 20 - 24

Age 25 - 29

Age 30 - 34

Age 35 - 39

Age 40 - 44

Age 45 - 49

Age 50 - 54

Age 55 - 59

Age 60 - 64

Age 65 - 69

Age 70 - 74

Age 75 and Over

Females

Age 9 and Under

Age 10 - 14

Age 15 - 19

Age 20 - 24

Age 25 - 29

Age 30 - 34

Age 35 - 39

Age 40 - 44

Age 45 - 49

Age 50 - 54

Age 55 - 59

Age 60 - 64

Age 65 - 69

Age 70 - 74

Age 75 and Over

Please make Check or Money Order payable to:

C.A.P.S.

Proceeds will benefit the

Coopersville Area Public Schools Running Program

C-Ville Chill 5K Run

Registration Form

PLEASE PRINT

Name: _____

Address: _____

City: _____ Zip: _____

Email: _____

Age day of race: _____

Gender: Male Female

Adult T-Shirt Size:

___ SM ___ M ___ L ___ XL

RELEASE INFORMATION:

I am participating at my own risk and waive all claims of every nature against the organizers, officials, sponsors, and any other participating agencies with respect to any personal loss, illness, bodily injury or death resulting from participating in this activity. I also fully understand the rigors of such competition and have prepared myself physically for the race. At the time of registration, I will inform the race organizers regarding any relevant medical condition. I agree to follow the rules which govern road racing.

I, the undersigned have read the above waiver and release, and understand that I have given up substantial rights by signing, and sign it voluntarily.

Athlete Signature

Date

Parent/Guardian Signature

Date

If athlete is under 18