

This event endorsed by



2009 C-Ville Chill 5K Run

Saturday, February 28, 2009

At 10:00 am

in Downtown Coopersville

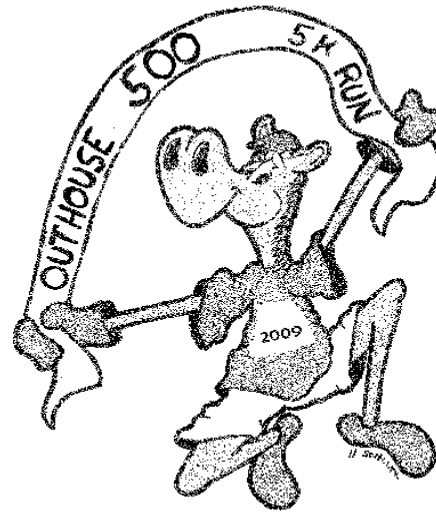
Governess Jennifer Granholm jogged across the five-mile span overlooking the Straits of Mackinac on Labor Day, 2003 opening the way for this new Labor Day tradition for Michigan residents. The Governor's Labor Day Bridge Run is limited to 300 participants who will be selected in a lottery drawing from registered athletes who have run in an event endorsed by the Governor's Council on Physical Fitness.

The Governor's Council on Physical Fitness, Health and Sports was founded to promote the health benefits of physical activity. Those who are physically active have lower rates of heart disease, stroke, obesity, cancer, osteoporosis, and depression as compared to those who are inactive. To this end, the Governor's Council endorses local, regional, and state events that are consistent with the Council's mission to Get Michigan Moving.

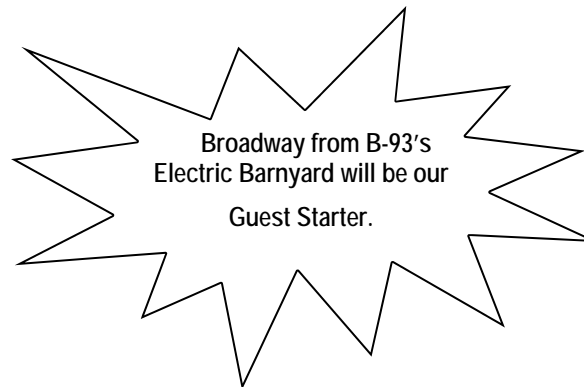
The C-Ville Chill 5K Run is proud to announce this year's event has been chosen for the second year in a row as a qualifying event for the 2008 Bridge Run!

To enter the lottery drawing for the Governor's Labor Day Bridge Run visit <http://www.michiganfitness.org/bridgerun.html>. Rules and eligibility criteria for this run can also be found on this website.

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.



Artwork created by
Howard Shultz



Sponsors and Volunteers

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

Sponsors:

Arby's
Best Packaging
Central Family Worship
Endurance Sports
Family Fare (Store #635)
Luther Logistic
The Pratt Family

Volunteers:

Parents of the Cross Country Team
Emergency Services of Coopersville

C-Ville Chill 5K Run

Race Date: February 28, 2009

Time: 10:00 am

Course

A measured, well marked 3.1 mile course in downtown Coopersville. Course maps will be available at packet pick up.

Packet Pick Up

Location:

Central Family Worship

247 Church Street

Coopersville, MI 49404

Friday, February 27, 2009 from 7:00 pm to 9:00 pm.

Saturday, February 28, 2009 from 8:00 am to 9:45 am.

Registration

Registration fee is \$20.00 per pre-registered runner. This includes a long sleeve shirt. The day of the race, the fee will be \$25.00.

Mail your registration form to:

Donald W. Pratt, III, Race Director

C-Ville Chill 5K Run

236 Homer Lane

Coopersville, MI 49404-1148

Please make Check or Money Order payable to:

Main Street Merchants Association

Proceeds will benefit the

Coopersville Area Public Schools Running Program

Trophies and Awards

Trophies will be given out to:

Male and Female

Overall Finisher

1st Masters - Over Forty

1st Senior Masters - Over Sixty

Awards 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

Female Course Records:

Overall Winner: Carly Plank 19:18 2008

Master: Galye Kuipers 20:15 2008

Grand Master: Diane Arbanas 28:08 2007

Male Course Records:

Overall Winner: Antonio Schafer 16:08 2008

Master: Mike Woodbeck 18:14 2007

Grand Master: Matt Britton 21:45 2008

C-Ville Chill 5K Run

Registration Form

PLEASE PRINT

Name: _____

Address: _____

City: _____ Zip: _____

Age day of race: _____

Email: _____

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