

16th Annual Fall Frolic

A 5k (3.1 miles) Cross Country Run/Walk during Oktoberfest Weekend in Chippewa Falls

Saturday, September 21, 2019 – 10:30 a.m.

Held on the beautiful Irvine Park trails starting and ending at Flag Hill.

This fun 5k (3.1 miles) run/walk will be sponsored by the Chippewa Falls McDonell Cross Country Team as a fund raiser. Additional sponsors and event contributors include Northwestern Bank, Mason Shoe Outlet Store, Mower Insurance Agency, Inc., Spring Street Sports, DJ Marts, Hugh Crane of Northwestern Mutual Life, The Bug Guy Pest Control, Chippewa Valley Financial Services, & Thaler Oil

The event starts at 10:30 a.m. at the Flag Hill area of Irvine Park. Rutledge Street runs into Irvine Park's Flag Hill Picnic Area on the southwest corner of the park. The area will be well signed. The entire course will be on trails that consist of grass, dirt, and wood chips. The trail is moderately challenging with some rolling hills. Split times will be read at each mile and water will be provided on the course. **Microfiber T-shirts** guaranteed for all pre-registered participants. Also included in your race entry fee is a great post race picnic including brats, burgers, and hot dogs.

Awards: Overall Male and Overall Female receive a gift certificate good for a free pair of shoes from the Mason Shoe Outlet Store. Medals will be awarded to the top 3 finishers in each age category.

Registration and Packet Pickup: Starts at 9:00 a.m. and closes at 10:15 a.m. at the Flag Hill Pavilion. Late/Race day registration does not guarantee a t-shirt but they will be made available if requested.

Entry Fee = Best Value Going!!! \$15 per person in advance (received by September 16). **\$20 Day of Race.** We will have a \$15 Day of Race registration available for those not wanting a shirt.

EVENT WILL BE HELD RAIN OR SHINE – NO REFUNDS ON REGISTRATIONS

For more information contact Marty Bushland: 715-723-5525 or mbushlandmowerins@hotmail.com

FALL FROLIC ENTRY FORM (advance registration due September 16, 2019)

Name: _____ Phone # _____

Address: _____ City: _____ State: _____ Zip: _____

Date of Birth _____ Age: _____ email: _____

Optional: for results/next year's entry form

Race Category:	19 and under:	Male Female	40-49: Male Female	Shirt Size S
(please circle)	20 – 29:	Male Female	50-59: Male Female	M L XL
	30 – 39:	Male Female	60+: Male Female	other: _____

I recognize the risks involved in any athletic event and hereby waive, release and hold harmless all sponsors, contributors, supporters, volunteers, and officials associated with the race and event, from any and all liability, claims and rights for damages from injuries, growing out of, related to, or arising from participating in the Fall Frolic. I further certify that I have full knowledge of the risks involved in this event and I am physically fit to participate. If however, I do require medical attention as a result of my participation in the above mentioned event, I authorize the medical personnel associated with said events to provide such medical care as deemed appropriate by such medical personnel.

Participant's Signature: _____ **Date:** _____

Parent or Guardian signature if under 18 years of age: _____

**Send Entry Form and Check Payable to McDonell Cross Country to:
Fall Frolic, PO Box 248, Chippewa Falls, WI 54729**