

## Shepherd Holiday 5K Race Series

The Shepherd Cross Country & Track and Field Programs are hosting a Holiday 5K Race Series to fundraise for our annual Spring Break training trip. Each race will be themed, chip timed and accurate 5K courses. The races will also include give aways and overall and age group awards for each race as well as for the race series as a whole.

### Shepherd 5K Trail of Terror



**Location:** Shepherd Cross Country Course

**Date/Time:** Saturday, October 25<sup>th</sup>, 2014 @ 7:00PM

**Information:** Enjoy a haunted race through the creepy woods of the Shepherd Cross Country Course located at the Track & Field complex. Will your included head lamp provide you enough light to navigate the course or will you be caught by the many ghosts and ghouls inhabiting the forests.

**Entry:** \$20, Mail entry deadline: October 17<sup>th</sup>, Online entry deadline: October 23<sup>rd</sup>.

**Packet Pick Up/Late Registration:** Track Pole Barn 6:00-6:30PM October 25<sup>th</sup>.

### DEERFIELD PARK



### Deerfield Park 5K Turkey

**Location:** Deerfield Park in Isabella County

**Date/Time:** Thursday, November 27, 2014 @ 9:00AM

**Information:** Travel to scenic Deerfield Park to partake in a great Turkey Trot 5K your self with ....well stuffing!

**Entry:** \$20, Mail entry deadline: November 21<sup>st</sup>, Online entry deadline: November 25<sup>th</sup>.

**Packet Pick Up/Late Registration:** Pond Overlook Pavilion 7:30-8:30AM November 27<sup>th</sup>.



### Shepherd New Year Resolution 5K

**Location:** Shepherd High School

**Date/Time:** Thursday, January 1, 2015 @ 10:00AM

**Information:** Get the New Year started off on the right foot with this fun 5K race around Shepherd. The course is the same as the Shepherd Maple Syrup Festival 5K so race it the first of the year and set a goal for April!

**Entry:** \$20, Mail entry deadline: December 19<sup>th</sup>, Online entry deadline: December 30<sup>th</sup>.

**Packet Pick Up/Late Registration:** High School Atrium, 8:00-9:30AM January 1<sup>st</sup>.

**Series:** Overall and Age Group champions will be awarded for the series and additionally entries for all 3 races receive a discount and will only be charged \$50 total(\$10 discount!).

MAIL ENTRY FORM & MAKE CHECK PAYABLE TO: Shepherd Cross Country

Attn: Rick Cahoon

100 Hall St. Shepherd, MI 48883

For more information contact Rick Cahoon

Email: ricahoon@gmail.com

NAME: \_\_\_\_\_ GENDER: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ AGE ON 10/25/14: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ PHONE #: \_\_\_\_\_ SHIRT SIZE: \_\_\_\_\_

TRAIL OF TERROR(\$20) \_\_\_\_\_ TURKEY TROT(\$20) \_\_\_\_\_ NEW YEARS(\$20) \_\_\_\_\_ ALL 3(\$50) \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

**Waiver:** I assume all risks associated with participating in this event including, but not limited to: falls, contact with another participant or spectator, the effects of the weather, traffic and conditions of the race course, all such risks being known and appreciate by me. Having read this waiver and knowing these facts, and in consideration of this entry being accepted, I, for myself and anyone entitled to act on my behalf, waive and release the sponsors, supporters, officials, City of Shepherd, Shepherd Public Schools and Isabella County from all claims and liabilities of any kind that may arise on the part of the persons named in this waiver.

PARTICIPANT SIGNATURE

PARENT/GUARIAN SIGNATURE(If participant is under 18)