

Location: Long Branch State Park, Macon, MO

Directions - In Macon on US Hwy 63 north turn west onto US Hwy 36. Travel approximately three miles to the Long Branch Lake State Park exit. Turn north and go approximately one block. Turn left onto Visitor Center Road, to Long Branch State Park. Run will begin at North Shelter/Marina, follows signs.

Entry Fee for Run & Walk:

\$15/person through August 16

\$20 beginning August 17

Make checks payable to:

Macon Mainstreet Downtown
Assoc. or MMDA

Entry forms & fee may be mailed to:

Fork & Cork Run

c/o Macon County Economic Dev.

P.O. Box 135

Macon MO 63552

Packet Pickup

Packets will be available from 7:00 am until race time at the North Shelter/Marina area at Long Branch Lake State Park.

You may also register on-line at:

<http://www.macon-downtown.com>

**Fork & Cork Run
C/o Macon County Economic Development
P.O. 135
Macon MO 63552**

FORK & CORK RUN

3rd Annual

5K Run at 8:00 am

2 mile Walk at 8:05

Saturday - August 28, 2010

Starting the Fork & Cork
Festival!



RACE APPLICATION

Name _____

Address _____

City/State/Zip _____

Age (on race day) _____ Sex _____

Phone _____

email _____

Shirt Size (please circle)

Adult Shirt Sizes: S M L XL XXL

Circle the event in which you are participating:

- 5 K Run
- 2 mile walk

Race Application Waiver - Intending to be legally bound, I understand and agree that I am voluntarily participating in the following event. Fork & Cork 5K run or 2 mile walk at my own risk. I acknowledge and represent that I am physically fit and sufficiently trained to participate in an event of this nature, and I accept all and full responsibility for any injury or accident resulting from my participation in this event and release from any liability the City of Macon, the Downtown Association, all race sponsors and any race officials or volunteers connected with this event.

Signature _____

Date _____

(Parent or Guardian Signature if < 18)

Courses - You will run on a beautiful course in the Long Branch State Park. The 5K race will begin at the North Shelter/Marina area. The 2 mile walk will begin at the same starting line.

Awards - Medals to top three finishers in each age group for male and female 5K finishers.

Also an award for top male and female finisher on the 5K run.
The 2 mile walk is for leisure, no awards.

T-Shirts - 5K run & walk participants will receive a short sleeved t-shirt.

Refreshments - Water and fruit will be available to race participants at no charge.

Check out other fun activities held throughout the day at the web-site at:

<http://www.macon-downtown.com>

**No Pets or Strollers allowed
On the Run/Walk Course**

Men's & Women Divisions

For 5K Run

13 & under

14 - 19

20 - 29

30 - 39

40 - 49

50 - 59

60 +

For More Info contact:

Connie Kuhman

(660) 415-6115

conniek@cvalley.net

All proceeds to MMDA

**Run is Sponsored by:
Macon-Atlanta State Bank
&
Samaritan Memorial Hospital**

**Food & Drinks Sponsored by:
"Macon Comfort Inn"
"Macon Health Care"**

**Run Tent Sponsored by:
"Loch Haven"**