

31st ANNUAL COOK FOREST HALF-MARATHON & 5K

SPONSORS: Hager Paving, Inc., Cook Forest Online, R.J. Corman RR Group, Gateway Lodge, Cook Riverside Cabins, Cook Forest Vacation Bureau, MacBeth's Cabins and Ron Seidle's Redbank Chevrolet

Saturday March 28, 2015

WEBSITE: www.cookforest.com/marathon

EVENTS: ½ Marathon (13.1 miles) at 11:00 am
5K at 11:15am

Proceeds of the race support the Clarion University Track and Field Team and Clarion University Athletic Scholarships.

ENTRY FEE: HM: \$25.00 until **March 13th**, then \$30.00 (pre registration guarantees T-shirt). **5K:** \$20.00 until **March 13th**, then \$25.00 (**pre registration guarantees T-shirt**)
Current CU Students – HM - \$20, 5K - \$15

LOCATION: Cook Forest State Park, Cooksburg. Twenty minutes north of Clarion and Brookville.
From I-80, take exit 78 and Rt 36 North, or Exit 60 (Rt 66 North), then right onto Rt 36.
From Pittsburgh, take Rt 28 North to Brookville, then Rt 36 North to Cook Forest

COURSE: The half marathon is flat to gently rolling entirely on river Road along the beautiful Clarion River. Course is out and back on traffic controlled roads. The 5K event is also out-and-back on the same road.

GENERAL: Event is organized and managed by **Clarion University Cross Country/Track & Field Team & Timing with Champion Chip by Runner's High**

4 water stations on the course, each mile is marked. No shower facilities come dressed to run. No bicycles permitted on the course and no pets permitted on the course.

Start and finish near Pale Whale Canoe Rental.

LODGING:

Gateway Lodge: www.gatewaylodge.com
Cook Riverside Cabins: www.cookriverside.com
MacBeth's Cabins

SOUVENIR: long sleeved t-shirt guaranteed to all pre-registered runners. **Limited quantities available on race day.**

RESULTS: posted on the Runner's High website: www.runhigh.com, and www.cookforest.com

AWARDS: Unique local pottery provided to the Male and Female Winner of the Half-Marathon. Age group winners of the half-marathon will also receive pottery. Top Male and Female of the Half-Marathon will receive a one night stay at the Clarion River Lodge or the Gateway Lodge. Top Male and Female Masters Finisher will receive a one night stay at Cook Riverside Cabins.

HM AGE GROUPS Top 3 Male and Female overall finishers. No duplication. **Top 3 in each age group:** 13 and under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+

5K AWARDS: Top male and female overall finishers. **Top 3 in each age group:** 13 and under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+

PARKING IS LIMITED NEAR START/FINISH AREA – There will be multiple vans to shuttle runners from parking areas to start/finish area.

Additional Information on the back of the form or visit www.cookforest.com/marathon

Preferred method of entry is online registration – to register online use the following link; <https://register.runhigh.com/Register/?event=30450>

----- Detach and Send -----

COOK FOREST HALF MARATHON & 5K REGISTRATION FORM: Saturday March 28, 2015

Make non refundable checks payable to: "CSA"

MAIL TO: D.J. Bevevino, Head Coach, Cross County/Track & Field, Clarion University, 100 Tippin Gymnasium, 840 Wood Street, Clarion, PA 16214

Phone: (814) 393-2081

Name: _____ Sex: Male Female

Street Address: _____

City: _____ ST: _____ Zip: _____

Phone: _____ Email: _____

Birthdate: _____ Age on Race Day: _____ CU Student Y N

Choose which race: Half-Marathon 5K

Choose Shirt Size (adult) x-small small medium large x-large xx-large

Waiver: I certify that I have decided to participate in the Cook Forest Half Marathon or 5K with full knowledge that being physically fit and sufficiently trained is necessary to prevent any injury to myself. In consideration of the acceptance of my entry, I, for myself, my executor, heirs, administrators and assigns, waive, release and discharge any and all claims against Clarion University of Pa, Cook Forest Online, Hager Paving Inc., Cook Forest Area Vacation Bureau, Ron Seidle Redbank Chevrolet, Cook Forest State Park, Farmington and Barnett townships, or their employees, agents or representatives arising out of my participation in the Cook Forest Half Marathon or 5K. I further grant permission to this race and organization conducting the race and/or agents authorized by them to use any photographs, video tapes, motion pictures, recordings, or any other record of this event for any purpose.

I have read the above and agree to abide by the terms as outlined.

As the parent or guardian, I have read the above also agree to abide by the terms as outlined.

RACE REGISTRATION/PACKET PICK UP: Race registration/packet pick up will be from 8:30am to 10:00am.

We request that all Half-Marathon and 5K participants plan to arrive by 9:30am to avoid traffic on the course at the start of the race at 11am