

2nd Annual Chamber Challenge at Cedar Lake Farm

5K Trail Run/Walk and Pancake Breakfast

Saturday, September 25, 2010

SCHEDULE OF EVENTS

- 7:00 am—8:15 am** Race Day Registration and packet pick-up
Registration closes for the 5K Run/Walk at 7:45 am.
Registration closes for the 2K Family Fun Walk at 8:15 am.
- 8:00 am** 5K Run/Walk
- 8:45 am** 2K Family Fun Walk
- 9:15 am** Awards
- 9:45 am** Apple Dash for kids 9 & under (free—no t-shirt)
- 8:00 am—11:00 am** All you can eat pancake breakfast \$7.00 (\$5.00 for paid participants)

Entry fees:

- \$15 postmarked or delivered by September 10, 2010.
- \$17 after September 20, 2010.

All pre-registered participants will receive a commemorative short sleeved t-shirt. Add \$5 for a long sleeved t-shirt.

Prizes will be awarded to the top 5K male and female in the following categories:

- | | | | |
|-------------------------|------------------------|---------------------|-----------------------|
| *Overall Fastest | *Under 13 years | *13—19 years | *20—29 years |
| *30—39 years | *40—49 years | *50—59 years | *Over 60 years |

Other prizes awarded will be:

- *Fastest Teams—3 or more members (Female/Male/Mixed)**
- *Most Team Members**
- *Best Team Theme**

Cedar Lake Farm is located at 11008 Schreckengast Road in Wright City.

REGISTRATION

(please complete one form per person)

First Name: _____ Last Name: _____
Address: _____ City: _____ State: _____ Zip: _____
Email address: _____ Phone: _____ Age on Race Day: _____ Gender M F
Team Name: _____

Shirt Size (circle one):

ADULT S M L XL XXL **CHILD** S M L

Long Sleeved (\$5 extra) **T-shirt sizes and availability will be limited for participants registering after the September 10th deadline.**

Race entered: 5K 2K 5K & 2K

I would like to pay for the all you can eat pancake breakfast now and get my \$2.00 discount. (\$5 for paid participants, \$7 all others)

In consideration of this entry being accepted, I hereby for myself, my heirs, executors, administrators, and assigns, waive and release any and all rights and claims for damages I may have against the Warrenton Area Chamber of Commerce and Cedar Lake Farms; their representatives, successors and assignees, for any and all injuries arising out of my participation in the said athletic event. I further state that I am in proper physical condition to compete in this event.

Signature: _____ Date: _____
(if entrant is under 18 years old, parent or guardian MUST sign.)

Please make checks payable to Warrenton Area Chamber of Commerce, 1000 Outlet Center Drive, Atrium, Warrenton, MO 63383

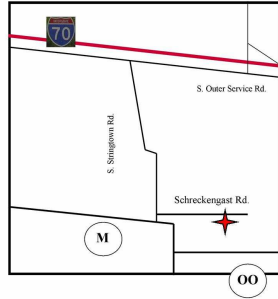
For more information, 636-456-2530 or (636) 456-5041 e-mail: warrentoncoc@socket.net

No refunds

DIRECTIONS TO CEDAR LAKE FARM

From Highway 70 West, Take Forstell Exit #203. Turn Left at end of exit, over Highway 70. Turn Right on S. Outer Service Road and continue for 2.7 miles. Turn Left on S. Stringtown and continue for 3 miles. Turn Left on Schreckengast and arrive at Cedar Lake Farm.

From Highway 40 West, Take Exit 4 for MO-N. Make a Right off of Exit onto Highway N. Continue for 11.4 miles. MO-N becomes MO-OO at Highway T. Continue Straight onto Highway OO. Continue for 1.5 miles. Make a Right onto MO-M. Continue for 0.5 miles on Highway M. The road will bend sharply to the left. Immediately after the bend, turn Right onto Stringtown Road. Make an immediate Right onto Schreckengast and arrive at Cedar Lake Farm



If you've lost your way, Please call:
Terry: 314-575-0558
-or-
Carl: 314-575-8454

ABOUT THE WARRENTON AREA CHAMBER OF COMMERCE

The Warrenton Area Chamber of Commerce is dedicated to the community in which we do business. Through the volunteerism and financial support of our members, we have been able to help to support and/or provide the following:

Warren County Community Calendar Website
"Think Local, Be Local, Buy Local" Campaign
Warren County Community Guide
Academic Excellence Honors
Danny Martin & Dr. James Cale Memorial Scholarships
Chamber Civics for High School Students

ABOUT CEDAR LAKE FARM

Picture ninety-five acres of serene fields lined with majestic cedar trees and anchored by a beautiful lake and waterfall pond. This is Cedar Lake Farm in Wright City, Missouri, a private event venue loaded with rustic charm and tranquility.

ABOUT CHRIS CAKES

Using a specially designed grill and dispensing unit, Chris Cakes will add a dose of humor with some fancy pancake flipping in this one-of-a-kind event. The company uses their own brand of pancake mix that was developed especially for them. Chris Cakes has appeared on the Food Network's "Unwrapped" and "Guinness Fastest Food Challenge." The Pancake Breakfast will include all-you-can-eat (catch) pancakes with syrup, sausage and juice.

THANK YOU TO OUR EVENT SPONSORS

- I would like to be an **Event Sponsor** (a \$100 contribution). All Event Sponsors will be on the marketing materials for the event, as well as the t-shirts that participants will receive. Event Sponsors will also get an entry into the 5K Trail Run or Walk.
- I would like to be an **Awards Sponsor** – (a \$25 contribution). We will have approximately 20 categories that will all have 1st – 3rd places. All category awards sponsors will have their business name announced as sponsor before the prizes are awarded in that category.
- I would like to contribute to the **Goody Bags** – Our participants will receive goody bags to take with them.