

28th Annual Mammoth Footloose / Chart House 5K & 10K Road Run • 5K Walk
Presented by the High Sierra Striders
To Benefit Mammoth Youth Athletic Programs and the Mammoth Track Project

Race Day:	Sunday, August 7, 2011
Distance:	10K Run (6.2 miles); 5K Run (3.1 miles) and 5K Walk (3.1 miles)
Start Location:	Chart House, 106 Old Mammoth Road, Mammoth Lakes
Start Time:	8 AM
Purpose:	A fun event for everyone to support the Mammoth Track Project and Mammoth Youth Athletic Programs
Schedule:	Race-day Registration starts at 6:45; race starts at 8 AM; Pancake breakfast at 9:15 AM, Raffle at 10 AM; AWARDS at 10:30 AM
Hosted by:	Footloose Sports, Chart House and High Sierra Striders
Course:	A scenic loop course through beautiful Mammoth Lakes -- starting and finishing at the Chart House restaurant.
T-Shirt	Souvenir T-shirts are available.
Dining Special:	Dine at the Chart House between August 7 - August 10 and receive a complimentary world-famous Chart House Mud Pie FREE - 1 per party with bib number.
Refreshments:	All runners are treated to a great post-race pancake breakfast feast prepared by the Chart House, including juice, fruit and water.
Awards: 10K & 5K Runners	First 3 finishers in each age group earn a winner's mug: The age groups for both men and women are: 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+.
Awards: 5k Walkers	First 5 finishers overall for men and for women earn a winner's mug.
Entry Forms	Available online at www.highsierrastriders.org , at Footloose Sports in Mammoth Lakes or on their website at www.footloosesports.com
Entry Fee	\$30 with T-shirt; \$25 without T-shirt. Registration on race day add \$5.
Register online	At www.active.com
Register by mail:	Send completed entry form and payment to High Sierra Striders, Road Run, P O Box 3778, Mammoth Lakes, CA 93546
Register in person:	Complete an entry form at Footloose Sports at 3043 Main Street, Mammoth Lakes
Register Race Day	Race day registration begins at 6:45 AM; additional \$5 per entry
Aid Stations	Start and Finish; at 1.5 miles and 3.5 miles
Information:	Email Elaine at Elaine@highsierrastriders.org or call 760 709 2159