

# 2011 Kevin Cook Spirit Run

## Frequently Asked Team Questions

### What is the Kevin Cook Spirit Run?

The Spirit Run is a 5K run/walk in memory of our friend and Pacifica High School Cross Country teammate, Kevin Cook, who died in a motorcycle accident at he age of 24. The Spirit Run is the largest fundraiser for the **Kevin Cook Memorial Foundation**, a non-profit organization established to award grants to high school sports teams and scholarships to high school student athletes. To date we have awarded over **\$25,000 in grants and scholarships**.

### Why do we want your team involved?

We put on a very well **organized, fun** and **competitive** event. We would like to include a team like yours so you can share in the fun, and your athletes can have a chance to win scholarships and grants.

### What date is the race?

The 5k (3.1mile) race is on Saturday, **September 3rd 2011**.

### Where is the race?

The race is being held at our **BRAND NEW LOCATION** – The Orange County Great Park in Irvine, CA (Formally known as the El Toro Air Base) Located off the 5 FWY at Sand Canyon Ave. We had to move from our previous location at Mile Square Park because we outgrew that facility.

### Why should your team come to this race?

1. It will be a fun way to cap off the summer and get ready for the new school year.
2. It gives your team a chance win some grant funding.
3. One of the criteria for our scholarship is to participate at the Spirit Run. by either running, walking or volunteering. (Get your athletes qualified!)
4. Affordable pricing (only **\$10** per student athlete, **everyone gets a shirt and a medal**.)
5. Discounted pricing for parents, siblings, teachers and coaches who choose to participate. We can offer them a discounted rate of only \$25 instead of \$35.

### How can my team receive a team grant?

The team grant money is distributed based on the number of participants from your team who finish the 5k run/walk. The top 3 schools that bring the most participants will receive funding. Last year the first place team (Loara Cross Country) brought out 62 participants and received a **\$1200** team grant. Student athletes, parents, coaches, teachers, and siblings are encouraged to participate!

### How do I sign my team up for the race?

As soon as you decide that you would like your team to participate and have a chance at grants and scholarships, give me a call, I will get you the registration forms. (562) 822-1215 or an my email is [luke@KevinCookSpiritRun.com](mailto:luke@KevinCookSpiritRun.com) .

**When do the registration forms need to be turned in by?**

We would like the forms back by August 15<sup>th</sup> 2011, but no later than August 19<sup>th</sup>. Mail the forms and a check for the total participants listed.

(Make check payable to: **Kevin Cook Memorial Foundation**)

Kevin Cook Spirit Run PO BOX 6024

Garden Grove, CA 92845

**What if one of your athletes is on vacation and didn't turn in his/her form?**

That's ok they can sign up at packet pick-up or on race day.

**Does each athlete need to fill out a form?**

**YES!** Due to insurance restrictions, we need a registration form filled out for each athlete. A parent or guardian signature is **REQUIRED** as well.

**What if I run out of forms?**

If this happens, you have 3 options 1. Call and have more delivered. 2. Make copies. 3. Download more at <http://www.kevincookspiritrun.org/2011KCSRmail-in.pdf>

**Olympian Grand Marshal (Johnny Gray USA 800m Record Holder)**

Meet our Olympian Grand Marshall Johnny Gray and get an autographed picture of him. Johnny Gray won the Bronze Medal for the 800m in 1992 and is currently the mid distance coach at UCLA.

**Can the Athletes sign up on line?**

**YES!** However, the price on line is \$15 and there is a \$3 fee on-line. Make sure they sign up for the High School Division Race! Here is the web link to register on line.  
<http://www.active.com/running/irvine-ca/6th-annual-kevin-cook-spirit-run-2011?int=29-6>

**What is the race day schedule?**

5:30am Vendor/Volunteer Check In

6:30am Same Day Registration/Package Pick-Up

7:30am High School Division 5k Run (Boys and Girls Combined)

8:00am Open Division 5k Run/Walk

9:00am Kids 1/2 Mile Spirit Sprint (All high schools are encouraged to cheer on the kids) 9:45am Awards Ceremony and Raffle

10:00am Great Park Balloon Ride Opens

**What If I have a question that wasn't listed here?**

Please contact Luke Farnell with any additional questions.

[Luke@KevinCookSpiritRun.com](mailto:Luke@KevinCookSpiritRun.com)

(562) 822-1215

## Coaches Instructions

1. Distribute flyers to all athletes, parents, etc. on your team.

2. Collect entry forms and payment no later than August 15<sup>th</sup>.

3. Complete the 2011 Kevin Cook Spirit Run Participant List provided to you and verify that all the forms are filled in properly, paying close attention to **gender, grade, shirt size, school, and parent / guardian signature.**

4. Write one check for the total amount owed.  
payable to: **Kevin Cook Memorial Foundation**  
**(Please do not send cash)**

5. Call to arrange pick up of forms and payment or mail completed packet.

**No Later Than August 19<sup>th</sup> to:**

Kevin Cook Spirit Run

PO BOX 6024 Garden Grove, CA 92846

Thank you in advance for participating in the 6<sup>th</sup> Annual Kevin Cook Spirit Run Please contact Luke Farnell with any questions [Luke@KevinCookSpiritRun.com](mailto:Luke@KevinCookSpiritRun.com)

(562) 822-1215

