

PANCAKE COOK-OFF & FLIP RELAY



United Way of 1000 Lakes
Lumberjack Cook-off & Flip Relay

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Each September, lumberjacks and lumberjills of all ages gather for the family friendly event to help United Way raise money for programs and initiatives that help build better communities for everyone.

Join United Way of 1000 Lakes as they host their 7th annual Lumberjack Pancake Breakfast featuring Pancake Cook-off and pancake flip relay race on Saturday, September 7th on the grounds of Old Central School.

Get your spatulas ready for the annual Pancake Cook-off. Join teams dueling to create the best flapjacks around. A panel of celebrity judges determines the winning team based on aroma, presentation, taste, density and texture. Spectators and the public will also be invited to try samples of each creation.

The event also features a Relay Race where team flip, walk, skip and run around the Old Central School course in a battle for the Pancake Relay title.

Costumes are encouraged, and winners will receive a skillet trophy along with bragging rights.

SCHEDULE OF ACTIVITIES:

- 8:00 a.m. Check-in and Registration
- 9:00 a.m. Race & Cook-off Begin / Pancake Breakfast Served
- 9:15 a.m. Cook-off Judging and Tasting Begins
- 10:00 a.m. Pancake Flip Relay Race
- 10:30 a.m. Awards Presentation
- 11:00 p.m. End

For more information about the Cook-off or Relay, call 218-999-7570.

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Pancake Cook-off Rules

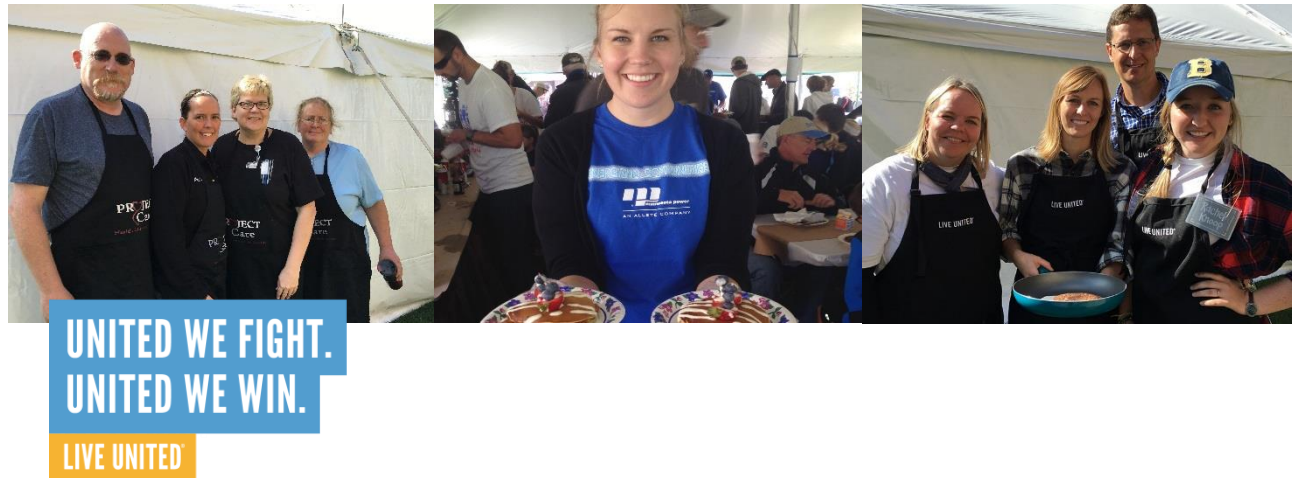
Health Guidelines:

1. Food must come from an approved commercial source (grocery store). Garden fresh produce is acceptable. No home processed foods.
2. All food **MUST** be prepared on-site at event or in a licensed kitchen (restaurants, churches, non-profit organizations).
3. Refrigerated foods, including batter, must be kept cold and maintained at 41° or below.
4. All servers/preparers shall maintain their hands in clean, sanitary condition (wash hands immediately after going to the toilet, handling raw food).
5. You must serve/prepare all food to the public with gloved hands. All condiments, like strawberries, must be served by you or using a utensil.
6. An adult shall be responsible for the operation of the booth and shall supervise any minors in the booth.

Cook-Off Details:

- + Each team will be provided a prep area, latex food service gloves, sample containers, and hand washing solution.
- + Teams will be issued a 30-minute time slot in the cook area.
- + Team must make at least 4 dozen (silver-dollar portions) servings for public sampling.
- + Teams will present their entry to judges throughout the morning (based on cooking schedule). Judges will rate entries on aroma, presentation, taste, density and texture to determine winners.
- + Winners will be announced at the Award Presentation.

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Pancake Flip Relay Rules

Guidelines & Rules:

- + Event registration is free. Kick-off Pancake Breakfast is \$6 per adult, \$3 for those ages 6-12 and free for those 5 and younger.
- + Registration begins at 9 a.m. Race begins at 10 a.m. at Old Central School and continues around the school grounds.
- + Each contestant will be given a chefs' hat and race number to wear. Teams may wear costumes, dresses, skirts, aprons, or team uniforms.
- + Immediately before the race, all contestants will be issued a pan and pancake to be used in relay.
- + Each member of the four-person team will complete a leg of the race (approx. 1 City block) while continuously flipping a pancake in a skillet.
- + Dropped pancakes may be picked up and returned to the pan without penalty.
- + The contestant shall follow the race course to the finish line, first team to complete course without any penalties, wins.
- + All contestants must return pans at finish.

Awards:

- + Winners will be announced during the Award Ceremony beginning at 10:45 a.m.

Pancake Cook-off and Flip Relay Registration Form

Business/Organization: _____ Contact Person: _____

Address _____ City _____ State _____ Zip _____

Preferred E-mail Personal Work _____ Preferred phone Personal Work _____

Pancake Cook-off Team Name _____

Team members:

1)	3)
2)	4)

I/we agree to comply with all written and announced cook-off rules. I understand and accept that risk, and agree to indemnify and hold harmless all persons and organizations associated with the event and for any loss or damages arising from any injury I may incur.

Signature: _____

Date: _____

Pancake Relay Team Name _____

Team members:

1)	3)
2)	4)

I/we agree to comply with all written and announced cook-off rules. I understand and accept that risk, and agree to indemnify and hold harmless all persons and organizations associated with the event and for any loss or damages arising from any injury I may incur.

Signature: _____

Date: _____



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