



United Way

Frostbite 5K

Saturday, December 5, 2009 * Richmond, Indiana

Location: Glen Miller Park, Don's Cabin, 2200 East Main Street, Richmond, Indiana

Entry Fee: \$ 15.00 pre-registration by Monday, November 30, 2009

Registration: 12:30 – 1:45 p.m. * Don's Cabin next to the Band Shelter-Roosevelt Hill

Start Time: 2:00 p.m.

ALL PROCEEDS GO TO EASTER SEALS PROGRAMS FOR PERSONS WITH DISABILITIES.

AGE GROUPS MEN & WOMEN	
12 & UNDER	40 – 44
13 – 15	45 – 49
16 – 18	50 – 54
19 – 24	55 – 59
25 – 29	60 – 64
30 – 34	65 – 69
35 – 39	70 –

Awards: The top three (3) male and female overall will receive awards; along with the top three (3) places in each age group will receive awards. Long-sleeved T-shirts will be guaranteed to all pre-registered 5K runners.

Early packet pickup, 10 a.m. – 6:30 p.m., Friday, December 4th, at Easter Seals office, 1050 E. Main St., Centerville, IN

Register online @ **active.com**

OFFICIAL ENTRY FORM

(THIS FORM MAY BE REPRODUCED IF ADDITIONAL COPIES ARE NEEDED)

CIRCLE T-SHIRT SIZE

S M L XL

NAME _____ PHONE _____ SEX M ___ F ___

STREET _____ CITY _____ EMAIL ADDRESS _____

STATE _____ ZIP _____ AGE _____ BIRTHDATE _____
(As of 12/5/09)

PREREGISTRATION

___ 5K RUN/WALK w/shirt \$15 ___ After Nov. 30th 5K RUN/WALK with shirt \$18

OFFICIAL USE ONLY
RACE # CODE



MAKE CHECK PAYABLE TO AND MAIL TO:

EASTER SEALS –WAYNE and UNION COUNTIES * 1050 East Main Street * PO BOX 86 * CENTERVILLE, IN 47330-0086
765/855-2482 * EMAIL – easterseals@juno.com

In consideration of the acceptance of my entry I for myself and assignees do hereby release and discharge any and all of the sponsors of the race and assisting with the race for all claims of damages demands or actions arising or growing out of my participation in said athletic event, I attest I have knowledge of the risks involved in this event and am sufficiently trained for the athletic event.

SIGNATURE _____ DATE: _____ PARENT'S SIGNATURE _____
(REQUIRED IF ENTRANT UNDER 18)

In Case of Emergency Contact: _____ Phone: _____