

Applied Race Management Solutions

Presents

Frozen Foot 5K Race Series 2009

January 18th - February 15th - March 22nd

Proceeds Benefit: Christ Church UCC Youth Group

Time Race start 2:00 pm **Location** MM Mars Room at Elizabethtown College

Registration

Series

Early registration (Post marked by 1/04/09) Fee \$ 35.
Late registration (Post marked after 1/04/09) Fee \$ 40.

Single Event

Registration - Fee \$15
Checks payable to "Frozen Foot Races"

Mail Registrations to:

Frozen Foot Race Series
255 Hereford Road
Elizabethtown, PA 17022

For More Info:

www.Frozenfoot.com

Packet Pick up

MM Mars Room at Elizabethtown College 12:00 am-1:30 pm

Age Groups - Five year age groups

Tech Shirts for all series participants. Individual race registrants can order shirts for \$18.

Series Awards

Overall male and female: \$ 150

Masters male and female: \$ 75

Age Groups: Awards given for 1st, 2nd 3rd in each age group

Individual Race Awards - Awards given for 1st, 2nd 3rd in each age group

Entry Form			
First Name _____	Last Name _____	Age _____	Registration Series By 1/6/09 (\$35) _____ After 1/6/09 (\$40) _____ Shirt size S M L XL XXL Individual Race _____ (No Shirt) (\$15) Total Enclosed _____ Make Checks Payable to _____
Street Address _____		Birth Date _____	
City _____	State _____	Zip Code _____ Sex _____	
Phone Number _____	Email Address _____		
By signing this application form, I waive all claims for myself, my heir and assigns against the Applied Race Management Solutions LLC, sponsors, coordinating groups and any individual associated with the event and will hold them harmless for any and all injuries or illness which may result from my participation. I further state that I am in proper physical condition to participate in these races. I give my permission to the media to use my name and /or photo in any newspaper, broadcast, telecast, or any other account of this event, without limited obligation of anyone to compensate me thereof.			
Signature _____		Parent or Guardian if under 18 years _____	

