

Frosty Five **5 Mile Trail Run**



SATURDAY, FEBRUARY 11th, - 8:30 a.m.
HERITAGE PARK - Adrian, Michigan

(across from Adrian Cinema 10 on North M-52 - follow signs back to Stubnitz Environmental Education Center)

5 MILES OF:

SNOW (Maybe?) COLD (Probably!) HILLS (For Sure!)

Entry Fee: (includes long-sleeved shirt - sizes may be limited on race day)

\$20.00 if you register before Feb. 1st / \$25.00 after Feb. 1st or on race day

AWARDS given to top 3 finishers in each group: 14 & U, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & Over (Male & Female)

PRE-REGISTER AT: Running with E's, 146 N. Main St. Downtown Adrian

RACE DAY REGISTRATION: 7:00 - 8:00 A.M. at:

Stubnitz Environmental Education Center (located in Heritage Park)

3241 North Adrian Hwy., Adrian MI 49221

For more information call: 517-266-6344

Sponsored by:

***Running with E's* / Alpha Koney Island**
The City of Adrian Parks and Recreation Dept.

Make checks payable to: Running with E's/Frosty Five

Mail form and payment to:

***Running with E's* 146 N. Main St., Adrian, MI 49221**

Name _____

Address _____

Phone _____

T-Shirt Size: S M L XL Sex: M F Age: on race day _____

I know that running in a race is a potentially dangerous activity. I will not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete this event. I assume all risks associated with running in this event including, but not limited to contact with other participants, the effects of the weather, and the conditions of the trails, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I for myself and anyone on my behalf, waive and release the sponsors of this race, supporters and officials, their representatives and successors from all claims of liability of any kind arising out of this event for any legitimate purpose.

Signature _____ Date _____

(Parent's Signature if participant is under 18)