

25th Annual Frozen Foot 5K Race Series 2014

January 19th - February 16th - March 16th Elizabethtown College, Elizabethtown, PA

Proceeds Benefit Christ Church UCC Youth Group

REGISTRATION FORM

Name _____

Gender _____ M _____ F Age (as of 1/19/14) _____

Street Address _____

City _____ State _____ Zip Code _____

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

Series

By 1/4/14 \$50 _____

After 1/4/14 \$60 _____

Shirt size

S M L XL XXL

Individual Race (No Shirt)

By 1/4/14 \$30 _____

Total Enclosed \$ _____

Make checks payable to
"Frozen Foot Series"
336 Hereford Road
Elizabethtown, PA 17022

_____ Add name to get run information emailed to me

Start with a race..... end with some hot soup.....There is fun for the whole family!!

Date: January 19th • February 16th • March 16th All races begin at 2:00 pm

Location: Elizabethtown College (M&M Mars Room at Lefler Chapel)

Packet Pick up: M&M Mars Room at Elizabethtown College 12:30 p.m.-1:30 p.m. day of race

New For 2014

Don't wait in line to pick up your packet, Pick it up at the Registration and Packet pick up at the pre-race party

Series Awards: Overall male and female: **Cash** - Masters male and female: **Cash**

Age Groups: Awards given for 1st, 2nd and 3rd in each age group (5 year age groups)

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

Amenities

Chip Timing, Custom tech shirt to all registered by the end of the first race others as available (Delivered at the last race) Hot soup after the race, door prizes and much more.

Register online at www.appliedracemgmt.com

