

2016 Frozen Foot 5K Race Series

January 17th February 21th and March 20th 2016.

New this year.....

**The first 175 registered runners will receive a custom FF Running Hat
We will be giving away Garmin 910XT GPS Heart Rate Monitor**

**FROZEN FOOT
RACE SERIES**



Same great race, same great soup...

Custom Tech shirt to all those registered by the end of the first race. The shirts will be delivered at the March Race.

Door prizes – and lots of them...new running shoes...GPS....running hats....and more!

Here is what people were saying last year:

Great race again today. Thank you for a super winter series. Thank you to each and every volunteer...you guys rock! Aindriu

Awesome race today. The soup after the race hits the spot. John

Another great run today. Love the hats as prizes. Jess

Individual race awards

Overall Male and Female, Overall Masters Male and Female, Age group awards for these age groups. 13 & under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60- 69, 70 and over.

Series awards

Overall Male and Female (Cash), Overall Masters Male and Female (Cash)

Age group awards for these age groups. 13 & under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60- 69, 70 and over.

Registration Fees

Series Registration is \$70 through 12/31/15 and \$ 75 after 12/31/15.

Single race registration is \$30 (shirt subject to availability at the 3rd race)

Frozen Foot Cyber Run Series \$ 25

Location

The start and finish are on the campus of Elizabethtown College, 1 Alpha Dr, Elizabethtown PA 17022. Follow signs to the M&M Mars room of Leffler Chapel

Cyber Run 2016

Cant run the Series??? You can still be part of the fun and get your own custom Tech Shirt. All you need to do is register for the Frozen Foot Cyber Run Series. Then email us three 5K run times for runs of your choosing before 2:00 pm on each race day. We will send you a Frozen Foot Cyber Run Tech shirt and post the Cyber Run race results.

Pictures:

Post your pictures and video to **#Frozenfootraces**

Get more information or Register on line at www.appliedracemgmt.com



**Follow us on
Instagram**

Follow us on

twitter



**Like Us On
facebook**

Registration Form

Name _____

Age _____ Gender M F
(On 1/17/15)

Street _____

City _____ State ____ Zip ____

Email _____

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)

Series

Before 11/1/15 \$65 _____

After 11/1 -12/31 \$70 _____

After 12/31 \$75 _____

Shirt size

S M L XL XXL

Individual Race (No Shirt)

By 1/17 \$30 _____

Total Enclosed \$ _____

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