

Applied Race Management
Presents
Frozen Foot 5K Race Series
2017

**FROZEN FOOT
RACE SERIES**



January 15th February 12th and March 19th 2017.
2:00 pm race start

Come out and join us for the 2017 Frozen Foot Races. Stay motivated through-out the winter. Test your fitness each month to see how you are doing. We have a consistent race route so you can judge your fitness each month.

Best of all it is for a good cause. A portion of the proceeds go to Christ Church UCC mission fund. Last year's proceeds fund church work on a house in Pipestem WV.

New This Year: Leaders Jersey Competition

An idea taken from cycling's grand tours we will designate the leaders of the race and age group winners by special jersey. The jerseys will be presented at the end of each race. We ask that the winners wear them at the next month's race.

Swag:

We have got overall and age group awards at each race. There are series awards including cash for overall and masters. We have door prizes. We give you custom tech shirts for all series registrants registered by the first race. Best of all there is hot soup to warm up after the race.

Where The start and finish are in front of Leffler Chapel on the campus of Elizabethtown College.

1 Alpha Drive
Elizabethtown PA 17022

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 12/31/16 and \$75 after 12/31/16.

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

Packet pick up: race days 12:30pm -1:45pm. The M&M Mars Room of Leffler Chapel

Cyber Run 2017

Can't 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 our Facebook page, Instagram to **#Frozenfoot5K**
Get more information or Register on line at www.appliedracemgmt.com

Applied Race Management is a full service race timing and race management company. Check us out at www.appliedracemgmt.com or give us a call at 717-580-6983.

Sponsored By:

Bouquet Mulligan Demaio Eye Professionals
New Balance
The Inside Track
Thome Insurance
Thru it All Body Shop

Sponsorship opportunities are still available!! - Let us help you promote your business. By supporting our series, we can get your name in front of literally thousands of people before during and after the race.

Registration Form

Name _____	
Age _____ (On 1/17/17)	Gender M F
Street _____	
City _____	State _____ Zip _____
Email _____	
<div style="border: 1px solid black; padding: 5px;"><p>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.</p></div>	
Signature _____ (Parent or guardian if under 18)	

Series
Before 11/1/16 \$65 _____
After 11/1/16 \$70 _____
After 12/31/16 \$75 _____

Shirt size
S M L XL XXL

Individual Race (No Shirt)
By 1/17 \$25 _____

Total Enclosed \$ _____

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