

2018 Frozen Foot 5K & 10K Race Series

January 21st February 18th and March 18th 2018.

New this year.....

**We have added age group prize money for the Series Awards
Now if you want twice the fun??? Choose Idiots Option 10K
Get your results texted or emailed to you after you cross the line**

Same great race, same great soup...

Amenities

You get a custom Tech shirt if you are a preregistered participant. The shirts will be delivered at the March Race. We have got door prizes – and lots of them...new running shoes...hatsand lots more!

We are again giving race proceeds to be used support the mission work of Christ Church.

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.

Series scoring

The Series awards are scored cross country style by overall race finish position. The race distance you participate in does not matter. Tie breaker is by overall time.

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

Post Race

Post your pictures and video to **#Frozenfootraces** or post them on our Facebook page www.facebook.com/Frozen-Foot-5K-Races

**FROZEN FOOT
RACE SERIES**



Results:

The results will be posted at www.appliedracemgmt.com. BUT you can also get them texted or emailed directly to you.

Cyber Run 2018

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 send you a Frozen Foot Cyber Run Tech shirt and post the Cyber Run race results.



Follow us on
Instagram

Follow us on

twitter



Like Us On
facebook

Registration Form

Name _____

Age _____ Gender M F
(On 1/21/18)

Street _____

City _____ State ____ Zip _____

5K _____ Idiots Option 10K _____

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)

5K Series

Before 12/1/17 \$70 _____

After 12/1/17 \$75 _____

10K Series

Before 12/1/17 \$75 _____

After 12/1/17 \$80 _____

Shirt size

S M L XL XXL

Individual Race (No Shirt)

By 1/21/18 \$30 _____

Total Enclosed \$ _____

Make checks payable to "Frozen
Foot Series"

336 Hereford Road
Elizabethtown, PA 17022