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INDIANHEAD TRACK CLUB



2019 FRIGID 8
THERMAL 3

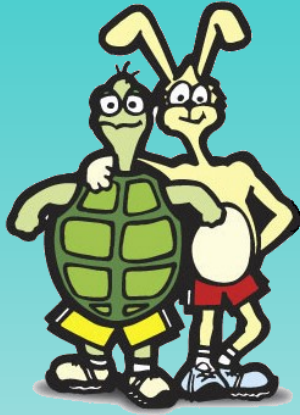
50th Anniversary
Frigid 8 and Thermal 3

Saturday, December 7, 2019

Start Time 10 a.m.

Our Savior's Lutheran Church
1300 Mansfield
Chippewa Falls, Wisconsin

INDIANHEAD TRACK CLUB



THE RACE

The Frigid 8 was first run in Eau Claire on December 12, 1970. The Thermal 3 was added in 1984. At its zenith, in 1987, the race attracted 470 runners, some hardy, others foolhardy.

The current course begins in a residential neighborhood and immediately heads out into the open fields, rolling hills and dairy farms west of Chippewa Falls. The Frigid 8 is a lollipop shaped course. The Thermal 3 is an out and back course.

The weather on race day can be unpredictable. There are ancient reports of sunshine and mid-40s. Other times, it's been windy and cold. It's snowed. Runners are encouraged to bring a smile, a mother-nature-can't-beat-me attitude and layers of clothing.

Results will be posted at www.indianheadtc.org after the race.

Feel free to post your race photos on the ITC Facebook page.

LOCATION

**Our Savior's Lutheran Church
1300 Mansfield
Chippewa Falls, WI 54729**

STARTING TIME

10 a.m.

ONLINE REGISTRATION

Register online at runsignup.com/Race/WI/ChippewaFalls/2015Frigid8andThermal3

DAY-OF-REGISTRATION

Day-of-registration and race packet pickup will be located inside Our Savior's Lutheran Church. Registration begins at 9 a.m.

SHIRTS

The first 200 runners who register will receive Frigid 8 & Thermal 3 **50TH ANNIVERSARY HOODY. Register early!**

AGE GROUPS

Under 10 • 10-13 • 14-17 • 18-29
30-39 • 40-49 • 50-59 • 60-69 • 70-79 • 80 plus

AWARDS

In both races, awards will be given for the overall winners, male and female, as well as the top three male and female finishers in each age group.

POST RACE

The awards ceremony follows the conclusion of each race. Runners are also eligible for door prizes based on race numbers picked randomly.

Plenty of food, hot beverages and cold beverages are available after the race, and of course, runners can have their fill of home-cooked chili.

ENTRY FEES

Postmarked by November 27..... \$25.00*
Postmarked by December 2..... \$35.00*
Day-of-Registration \$35.00*
*ITC Members receive a \$5 discount

MAKE CHECKS PAYABLE TO

Indianhead Track Club

MAIL ENTRY FORMS TO

Mary Beth Clark
12831 150th St.
Chippewa Falls, WI 54729

ENTRY INFORMATION

Distance: Frigid 8 Thermal 3
Gender: Male Female
Hoody Size: S M
 L XL
ITC Member

Name: _____

Address: _____

City: _____

State _____ Zip: _____

Email: _____ Birth Date: _____

In consideration of your acceptance of my entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the Indianhead Track Club and all other sponsors and their representatives, successors, and assigns, City of Chippewa Falls, and their employees, for any and all injuries suffered by me in this event and verify that I will participate in this event as a footrace entrant, that I am physically fit and have sufficiently trained for the competition and completion of this event and that my physical condition has been verified by a licensed Medical Doctor. I hereby grant full permission to any and all of the foregoing to use any photographs, video-tapes, motion pictures, recordings, or any other record of this event for any legitimate purpose without financial remuneration to me or my heirs or assigns.

Signature: _____
(Parent or guardian if under 18)

Date: _____