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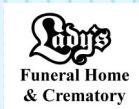
HENRY DUNCAN DDS

MOTT Y SERVICE CLUB

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**Proceeds To Benefit:
Cannon Memorial YMCA
Annual Support Campaign**

FROSTBITE 5K

101 YMCA Drive

Kannapolis, NC 28081

704.939.9622

NON PROFIT
ORGANIZATION
U.S. POSTAGE PAID
CONCORD, NC
PERMIT NO. 109



REGISTER ONLINE at www.racemine.com/KannapolisYMCA

FROSTBITE 5K



DECEMBER 19, 2015

9:00am: 1 Mile Fun Run

10:00am: 5K

**CANNON MEMORIAL YMCA
KANNAPOLIS BRANCH
101 YMCA DRIVE
KANNAPOLIS, NC 28081**

5K ENTRY FEES

October 1 - December 1	\$20
December 2 - December 18	\$25
Race Day	\$30
1 Mile Fun Run	\$12

Group Rates:

10 OR MORE PARTICIPANTS & MUST REGISTER AS A GROUP BEFORE DECEMBER 15.

1 Mile Fun Run	\$7.00
Group 5k	\$15.00
School Teams 5k	\$12.00

Registration Information

ONLINE REGISTRATION

Available until 11:59pm on December 18 @ www.racemine.com/KannapolisYMCA

BY MAIL (Check Only)

Must be postmarked by December 15. Please complete entry form, sign waiver and mail with payment to:

Kannapolis YMCA
Attn: Frostbite
101 YMCA Drive
Kannapolis, NC 28081

IN PERSON

Stop in at any YMCA location (Kannapolis, West Cabarrus or Harrisburg branch) to register.

RACE DAY:

Registration begins at 7am

PACKET PICK-UP

Friday, December 18 at the Kannapolis Y from 1pm to 8pm OR Race Day starting at 7am.

SHIRTS

Shirts are guaranteed for those registering before December 15. Registrants between December 16-19, while supplies last.

INDIVIDUAL AWARDS

Overall winner male/female in 5K Run
Overall winner male/female in Masters 5k Run
Male/Female top (3) winners in each division

All participants 10 & under receive medals in Fun Run

Awards will be presented race day immediately after 5K and will not be mailed after the event. Awards will remain available at the Kannapolis YMCA for 2 weeks.

5K AGE DIVISIONS

9 and under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over.

MAP OF 5K COURSE

Our course is a certified route with chip timing. *A part of the Run Kannapolis and Cannon YMCA race series.

Start/Finish Line-YMCA Drive
Left on Goldston Street
Left on Mountain Street
Right on Valley Street
Right on Goldston Street
Left on West B Street
Left on West 8th Street
Right on Mountain Street
Right on Glen Avenue
Right into Greenway-take left on Greenway
Cross West A Street
Cross West 8th Street
Go to turn around
Follow Greenway back to Goldston Street
Right on Goldston Street
Left on YMCA Drive to Finish Line

*Maps are available for pick up at the front desk or online at www.racemine.com/KannapolisYMCA OR www.cannonymca.org.

ENTRY FORM

- 5K 1 Mile Fun Run
- Group 5K Group Fun Run
- Group 5K School Team

Name: _____

Address: _____

City: _____ State _____ Zip _____

Email: _____

Phone: _____

Male _____ Female _____ Age _____ DOB _____

Shirt Size: _____S _____M _____L _____XL _____XXL
_____Youth S _____Youth M _____Youth L

Signed: _____

(Parent or Legal Guardian if under 18) Date: ____/____/____

Entry Fee \$ _____

Additional Donation to Kannapolis YMCA Programs
\$ _____

Total Enclosed \$ _____

Make Checks payable to Kannapolis YMCA Frostbite 5K

By entering the Y Frostbite 5K, I waive all claims and those of my heirs and assignees against the Kannapolis YMCA, sponsors, promoters, volunteers and Event Marketing Services, Inc. from injury or illness that may result from my participation. I am in proper physical condition to compete in this race and understand the risks and benefits associated. I understand that if the race is cancelled because of circumstances beyond the control of the race committee and sponsors, my entry fee will not be refunded. I give permission for the free and unrestricted use of my name and photographs as a participant of this race.

Signed: _____

(Parent or Legal Guardian if participant is under 18)

YMCA MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

www.CannonYMCA.org