

FROZEN 5K

5K Run and 1 Mile Walk

Pymatuning State Park Jamestown, PA February 13, 2016

1:00 PM

Event: 5K Race and 1 Mile Walk
Sponsored by Students for Charity at Jamestown High School
Proceeds benefit JHS Senior Class trip and families in the community

Location: Pymatuning State Park, Pavilion #10 next to the ball field, west of the Dam
Park Office's Address: 2660 Williamsfield Rd, Jamestown PA 16134

Awards for 5k: Top Three Male and Female Finishers in each Age Group
Female: 10 & under, 11-20, 21-30, 31-40, 41-50, 51-60, 61-70, 71-80, 80+
Male: 10 & under, 11-20, 21-30, 31-40, 41-50, 51-60, 61-70, 71-80, 80+

Refreshments: Hot Chocolate & Cookies at the finish for all Runners, Walkers, & Spectators.

Fee: \$15.00 per person for 5k or one mile walk is postmarked by Sat., Feb 6th, 2016
\$18.00 after 2/6/16, including Race Day Registration
T-shirts will be reserved for the first 40 registered participants.
Online Pre-registration can be completed at
<https://runsignup.com/Race/PA/Jamestown/Frozen5k>

This race, on the roads of Pymatuning State Park, will take place unless dangerously cold or icy weather conditions occur. Please provide an email address or a phone number to receive an alert if the race must be cancelled by 8am of race day. If the race is cancelled, full refunds will be given upon written request to Jamestown High School (address on the other side) or to the muskie5k@yahoo.com.

Contact: Please ask any questions at: muskie5k@yahoo.com or
Heather Harmon (724) 932-3186 ext 1319, or facebook.com/Muskie5k

This race kicks off the **2nd ANNUAL JAMESTOWN COMMUNITY RACE SERIES:**
Frozen 5k and 1 mile Walk, Saturday, February 13th at 1 pm
Friends of the Manor 10k and 5k Run/Walk, Saturday, April 2nd at 9 am
Muskie 5k and 2 mile Walk, Wednesday, May 11th at 6:30 pm

All races located at Pymatuning State Park, Jamestown, PA 16134

If you register for **all three events** online or in person before or at the Frozen 5k, Feb. 13, 2016, you will receive a complimentary gift at the Muskie 5k and guarantee yourself race t-shirts for all three events.

Please fill out the form below for the Frozen 5k and return with your registration fee prior to Feb. 6th or on race day, February 13th.

NAME: _____ AGE (as of 2/13): _____

ADDRESS: _____ GENDER: _____

CITY, STATE: _____ ZIP: _____

EMAIL: _____ PHONE: _____

Choose Event: _____ 5k Race _____ 1 mile walk \$15.00 Pre-registration fee by Feb. 6th

\$18.00 Registration fee from Feb. 7th – 13th

COMMUNITY RACE SERIES:

Choose your events below (one event for each date):

Race Series Dates	Events		Pre-Reg. Fee	Day of Reg. Fee
Frozen 5k 2/13 1pm	5k Run	1 mile Walk	\$15.00	\$18.00
Friends of the Manor 4/3 9am	10k Run	5k Run or Walk	\$15.00	\$20.00
Muskie 5k 5/11 6:30pm	5k Run	2 mile Walk	\$15.00	\$20.00
Community Race Series			\$45.00	

Please fill out a race specific registration form for each race.

Online Registration is available for all three events:

<https://runsignup.com/Race/PA/Jamestown/Frozen5k>

<https://runsignup.com/Race/PA/Jamestown/FriendsoftheManor5kand10k>

<https://runsignup.com/Race/PA/Jamestown/Muskie5kand2MileWalk>

Make checks payable to Jamestown High School

Mail to: Jamestown High School 204 Shenango St. Jamestown, PA 16134

Contact: Heather Harmon: muskie5k@yahoo.com or (724) 932-3186 ext 1319

www.facebook.com/Muskie5k

Waiver: In consideration of the acceptance of this entry, I waive myself, my heirs, and assigns, all claims for damages which I might have against the race, its sponsors, or any other organization, business, or individual, as a result of any injuries which might be received during the contest. I also release any photos that might involve myself.

Signature Required: _____

(Parent must also sign if runner is under 18 years of age.)