



# Frankfort Frosty 5K Run/Walk & Fred & Me 143

Sunday 12.8.2019- 2 p.m.  
Lakeview Park, Frankfort



**Running for a Mission -**  
**Next to last race of the Frankfort Striders Run/Walk Series**

Benefitting the 2020  
Honduras  
Ecumenical Medical/  
Dental Mission

**Fun for the Whole Family!**  
**Santa and Elves, Holiday Music, Hot Chocolate,**  
**Group & Family Pictures, Silent Auction &**  
**Custom Hand Painted Awards**

Benefitting the  
Mission Frankfort  
Clinic &  
Water with Blessings

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age on Race Day: \_\_\_\_ M \_\_\_\_ F \_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

EVENT: Frosty 5K \_\_\_\_\_, Fred & Me 143 1.43K \_\_\_\_\_, or the Frosty 5K Virtual Run (must complete Virtual Run by Dec. 9<sup>th</sup>) \_\_\_\_\_

**Age Division:** ☐ 0-4 ☐ 5-9 ☐ 10-14 ☐ 15-19  
☐ 20-24 ☐ 25-29 ☐ 30-34 ☐ 35-39  
☐ 40-44 ☐ 45-49 ☐ 50-54 ☐ 55-59  
☐ 60-64 ☐ 65-69 ☐ 70-74 ☐ 75-79  
☐ 80+ ☐ Wheelchair Division

**Please circle shirt size for long sleeved tee shirt:**

Youth Small Youth Med Youth Lg

Adult SM Adult Med Adult Lg

Adult XL Adult 2XL\* Adult 3X\*

\* Adult 2XL or 3XL shirts are \$3 extra

\_\_\_\_ I do not want a t-shirt. Please donate cost of shirt to race beneficiaries.

\_\_\_\_ I am signing up as part of the Frankfort Striders Run/Walk Series.

\_\_\_\_ Adults - \$22 through Nov 29; \$27 Nov 30-Dec 2

\_\_\_\_ Child, 17 & under - \$17/person through Nov 29; \$27 Nov 30-Dec 2

\_\_\_\_ \$3 extra for 2XL or 3XL shirt

\_\_\_\_ Additional Donation in the amount of \_\_\_\_\_ for:

\_\_\_\_ 2020 Local Mission Effort \$ \_\_\_\_\_

\_\_\_\_ 2020 International Mission Effort \$ \_\_\_\_\_

Referred by: \_\_\_\_\_

TEAM NAME and/or Church\*\*\*: \_\_\_\_\_

For more information, please refer to our website.

## **Race Packet Pickup & Late Registration:**

Fri, Dec 6, 3-6 pm, Sat, Dec 7, 8 am-1 pm, & Sunday Dec 8,  
Noon-1:45 p.m. Farm Bureau Pavilion, Lakeview Park

**Award Ceremony:** Lakeview Park, Farm Pavilion

**Online registration:**

<http://www.runsignup.com/Race/KY/Frankfort/FrankfortFrosty5K>

\_\_\_\_ Total Payment Enclosed, THANK YOU!

For Office Use Only: Check # \_\_\_\_\_ or Cash \_\_\_\_\_

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**Release of Responsibility**

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Runners must be careful to register and run under their proper name, sex and age division to avoid disqualification. In consideration of accepting my entry, I, intending to be legally bound, hereby for myself, my heirs, my executors and administrators, do waive and release forever, any and all rights and claims for damages I may accrue against First United Methodist Church, its agencies and the employees and agents of both, involved with promoting and/or staging the race for any and all injuries suffered by me while traveling to and from and while participating in the Frankfort Frosty 5K race competition on December 8, 2019 I further state that I am in proper physical condition to participate in this event. I also release publication rights to photographs of me shot during the Frankfort Frosty 5K race and activities surround this event for purposes of publicity for this and future Frankfort Frosty 5K events.

Name (print) \_\_\_\_\_ Signature \_\_\_\_\_ Date: \_\_\_\_\_

If under 18, signature of Parent/Guardian: \_\_\_\_\_

**Make checks payable to:** FUMC Mission 5K **Mail to:** Frankfort Frosty, 936 Walnut Road, Frankfort, KY 40601