



Frankfort Frosty 5K Run/Walk

Sunday 12.2.18- 2 p.m.
Lakeview Park, Frankfort



Running for a Mission -
Next to last Race of Frankfort Striders Run/Walk Series

Benefitting the 2019
Honduras
Ecumenical Medical/
Dental Mission

Fun for the Whole Family!
Santa and Elves, Holiday Music, Hot Chocolate,
Group & Family Pictures, Best Holiday Costume
Contests and Custom 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: Frankfort Frosty 5K _____ or Frankfort Frosty 5K Virtual Run _____

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 - \$20 through Nov 29; \$25 Nov 30-Dec 2

____ Child, 17 & under - \$15/person through Nov 29; \$25 Nov 30-Dec 2

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

____ Additional Donation in the amount of _____ for:

____ 2019 Local Mission Effort \$ _____

____ 2019 International Mission Effort \$ _____

Referred by: _____

TEAM NAME and/or Church***: _____

For more information, please refer to our website.

Race Packet Pickup & Late Registration:

Fri, Nov 30, 3-6 pm & Sat, Dec 1, 8 am-4 pm: Farm Pavilion at
Lakeview Park, December 2nd: Noon-1:45 p.m. 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 2, 2018. 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