



**43rd ANNUAL FROSTBITE 5 MILE RUN AND 20th ANNUAL PENGUIN 5K WALK
RUN / WALK PROCEEDS BENEFITS SPECIAL OLYMPICS – LYCOMING COUNTY**

DATE: Sunday, December 10, 2023

TIME: Registration starts at 11:00 AM. Both races start at 1:00 PM

PLACE: Duboistown Fire Hall, 2651 Euclid Ave, Duboistown, PA 17702

ENTRY FEES: PRE REGISTRATION IS GREATLY ENCOURAGED / SHIRTS GUARANTEED TO ALL PRE REGISTERED

\$ 33.00 by November 10, 2023. Includes long sleeve tech shirt.

\$ 40.00 Late registration. Shirts limited.

?????? CAN'T PARTICIPATE IN PERSON – JOIN US VIRTUALLY THIS YEAR ??????

VIRTUAL ENTRY: I CANNOT PARTICIPATE THIS YEAR IN PERSON BUT WOULD LIKE TO PARTICIPATE VIRTUALLY. ALL VIRTUAL PARTICIPANTS REGISTERING BY NOVEMBER 10, 2023 WILL RECEIVE A LONG SLEEVE TECH SHIRT AND ARE ELIGIBLE FOR DOOR PRIZES BUT NOT AGE GROUP AWARDS. PLEASE SUBMIT YOUR FINISHING TIME TO lesloner3@gmail.com SO YOUR TIME CAN BE RECORDED.

DONATIONS: I AM UNABLE TO PARTICIPATE THIS YEAR BUT WOULD LIKE TO DONATE \$ _____ TO SUPPORT SPECIAL OLYMPICS.

PARKING: Available at the Fire Hall and Bank Parking Lots

AWARDS: Races officially timed by Falcon Race Timing. Top 3 Overall Male and Female Runners and First Overall Male and Female Walkers. Running Age group awards for 14U, 15 – 19, 20 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69 and 70+. Walking Age group awards for 1 – 39, 40 – 59 and 60+. Door prizes, food and refreshments.

REGISTER: At Falcon Race Timing, [Frostbite5MileRunandPenguin5KWalk](http://Frostbite5MileRunandPenguin5KWalk.solyco.org), complete and return this form or visit us at solyco.org

COURSE: Flat and gradual hill climbs for first half of race and flat and downhill for last 2.2 miles
For additional information, contact Lester Loner at 570-433-1765 or email at pattyloner76@gmail.com

Mail entry to: Special Olympics Lycoming County
2325 W 4th Street
Williamsport, PA 17701

Checks payable To:
Special Olympics Lycoming County

Name: _____
Address: _____

Phone: _____
Age on race day: _____
Email: _____

Sex: M F **Shirt Size / Circle One:** S M L XL

Circle One: **IN PERSON** - 5 Mile Run or 5K Walk
VIRTUAL – 5 Mile Run or 5K Walk

In consideration of the acceptance of my entry, I hereby for myself, my heirs, my executors and administrators, do waive, release and discharge all rights and claims which I may have against the Race Director, Special Olympics, the Borough of Duboistown, Armstrong Township and all named and unnamed sponsors and volunteers involved with this event, while traveling to and from the event and using any and all facilities. I understand that my participation in this event can result in injury. I attest that I am medically able, equipped and properly trained to participate in the Frostbite 5 Mile Run and / or the Penguin 5K Walk.

Signature: _____ **Parent Signature:** _____

PLEASE NOTE: If Covid-19 presents safety and health risks at the end of the year, the 43rd Annual Frostbite 5 Mile Run and 20th Annual Penguin 5K Walk will transition from an in-person event to a virtual experience. If that transition becomes necessary, participants will receive a communication and the Lycoming County website (www.solyco.org/) will provide information on how existing registrants can participate using the new virtual format. Sponsors will receive recognition via digital media methods.