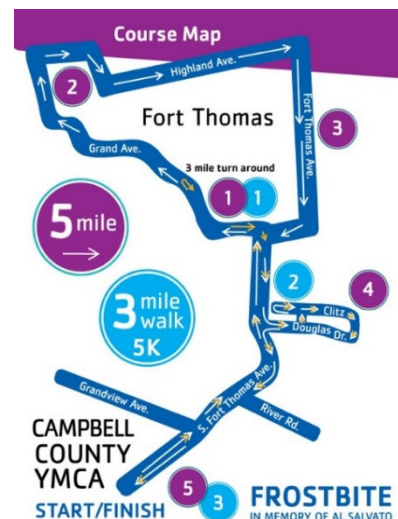


FROSTBITE 5 RACE

- **Monday, Jan. 1st 2018**
- **9:00 a.m. start**
- **Medals for all!**



PRE-REGISTRATION DETAILS

Register today at myY.org/frostbite! Packet pickup will be at Tri State Running on Saturday, December 30th and Sunday, December 31st located at 148 Barnwood Dr. Edgewood, KY 41017.

RACE AWARDS AND RESULTS

1st place medals awarded for the top male and female in each division and trophies for the overall male and female walker and runner. Runner Divisions (5 miles): 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. Walker Divisions (3.1 miles): 29 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+. All participants will receive a Frostbite Commemorative Medal at the finish line. Results will be posted at www.runningtime.net.

-----Registration Form (Register online at myY.org/frostbite or below)-----

CONTACT INFORMATION

First Name:		Last Name:	
Address:		City:	State: Zip:
Home Phone: ()		Cell Phone: ()	
Email:			
Age on Race Day:		Gender:	
Walker or Runner (Circle one): 5 Mile Runner or 3.1 Mile Walker			
Price (Circle one):	Advance Registration (thru 12/29)		Late Registration (12/20-12/31)
	\$20 w/out a shirt \$30 w/a shirt		\$25 w/out a shirt \$35 w/a shirt
Race Day Registration (1/1) \$30 w/out a shirt \$40 w/a shirt			
Unisex Shirt Size (Circle one): S M L XL XXL			
Please note any medical conditions:			

EMERGENCY CONTACT INFORMATION

First Name:	Last Name:
Home Phone: ()	Cell Phone:

RACE WAIVER AND PUBLICITY RELEASE

RELEASE AND WAIVER I understand that the YMCA of Greater Cincinnati, USATF and Running Time LLC assumes no responsibility for injuries or illnesses which I may sustain as a result of my physical condition or resulting from my participation in any athletic activities, sport programs, the use of equipment, exercise, or any other activity at the YMCA. I acknowledge on behalf of myself and my heirs that I assume the risk of any and all injuries and illnesses, which may result from my participation in these activities. I hereby release and discharge the YMCA of Greater Cincinnati, USATF, Running Time LLC, Greg McCormick, its agents, volunteers, and employees from any and all claims for injury, death, or damage, which I may suffer as a result of my participation in these activities. I understand that the YMCA of Greater Cincinnati is not responsible for personal property lost or stolen while using YMCA facilities or while on YMCA premises. I give my permission to the YMCA of Greater Cincinnati to use photographs, film footage, audio or video tape recordings, which may include my image or voice for purposes of promoting and interpreting YMCA programs and services to the general public. I will adhere to the YMCA Code of Conduct. I understand that the YMCA of Greater Cincinnati will hold me accountable to the Code of Conduct, and may restrict my access to the YMCA upon breach of the code. No refunds will be granted.

ACCEPTANCE I acknowledge the Waiver set forth above and, being in sympathy with the mission statement of the YMCA, hereby accept the policies and procedures of the YMCA of Greater Cincinnati.

Name (printed) _____ Signature _____

Date _____ Parent/Guardian Signature (if participant is under 18 yrs. old) _____