

FROSTY FIVE

February 13, 2010
Saturday
8:00am

5 Mile Race
through
University City
(measured according to USATF standards)

Awards: 1st overall male and female each receive a pair of running shoes. Top 3: 19-U, 20-29, 30-39, 40-49, 50-59 Top 1: 60-69, 70+

T-Shirt: Uniquely designed shirt to first 350 registrants.

Entry Fee: \$18 (received by Feb. 6th)
\$25 (after Feb. 6th and Race Day)

* 17/Under: \$11 (received by Feb. 6th) - \$25 (after Feb. 6th and race day)

Cash or Checks payable to: **GHISALLO RACING**

Mail to: Ghisallo Running
606 North and South (at Delmar)
St. Louis, Missouri 63130

*** Or register at www.active.com – search “Frosty Five” ***



Start and Finish

**Ghisallo
Running
U-City**

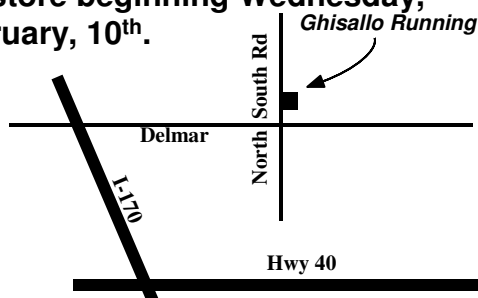
Refreshments:

Provided by:
180 Energy Drink

Attendance Prizes:
Pair of Running Shoes, socks,
gift certificates, etc.

Check goGhisallo.com the morning of race for weather-related information.

Packet Pick-up: available at the store beginning Wednesday, February, 10th.



Name: _____

Address: _____

City/State/Zip: _____

Age on Race Day: _____ Male: _____ Female: _____

Phone No.: () _____ E-Mail: _____

T-Shirt Size: ___ Sm ___ Med ___ Lg ___ XLg

Waiver of Liability: In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all claims for damages, actions and causes against Ghisallo Racing, all sponsors, and any individual or group associated with this event from all claims and liabilities resulting in my participation. I attest and verify that I am physically fit and have sufficiently trained for this event. I assume all risks in this event including, but not limited to falls, contact with other participants, effects of the weather, road conditions, all such risks being known and appreciated by me. Further, I hereby grant permission for the free use of my name and/or any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose. (Participants under 18 must have parental signature.)

Signature

Date

Parent Signature (if under 18)

Date

