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Community  
First  
Bank

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**PAID**  
Stevens Point,  
WI 54481  
Permit No. 33

## Entry Form

### Age Division:

- 10 & Under  
(accompanied by adult)     45-49
- 11-17     30-34     50-59
- 18-24     35-39     60-69
- 25-29     40-44     70+

### Race:

- 1 Mile Fun  
Run/Walk
- 5 Mile Walk
- 5 Mile Run
- 10 Mile Run

### Dry Fit Shirt size (size like cotton shirts)

- S     M     L     XL     XXL     XXXL

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

SEX     M     F    Date of Birth \_\_\_\_\_

Phone:  
(Home) \_\_\_\_\_ (Work) \_\_\_\_\_

I \_\_\_\_\_,

being over 18 years of age, do hereby make application to participate in the FROSTBITE 5/10 Mile Event sponsored by the YMCA. In consideration of my acceptance in this program, I do on behalf of myself and my heirs, executors and assigns, release and forever discharge the Stevens Point Area YMCA, their officers, employees and agents, and its successors and assigns, from any and all claims and demands, which I may have or might have at the time, now or in the future, arising from or resulting directly from my participation in this program, including but not limited to any illness, injury or occurrence arising there from. I certify I am physically able to compete in this event.

Signature: \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent or Guardian if under 18.

Please make checks payable to YMCA.

Entry Fee is non-refundable.

**Stevens Point Area YMCA**  
1000 Division Street  
Stevens Point, WI 54481  
Phone: (715) 342-2980  
Fax: (715) 342-2987



YMCA  
ACTIVATE  
AMERICA



Community  
First  
Bank

# 2009 FROST BITE

Presented by  
Community First Bank  
34th Annual



Sports Pledge:  
Who we love,  
We love God, we play His  
game and we have fun.  
Pursuing to be a good sport,  
to improve myself in  
mind and body.

## ROAD RACE & Winter Walk KIDS ONE MILE FUN RUN

Community  
First  
Bank



Stevens Point, WI

## Saturday December 5th

Stevens Point Area YMCA  
1000 Division Street | Stevens Point WI 54481  
(715) 342-2980



## 5 & 10 Mile Road Race and 5 mile Winter Walk

- \* The purpose of the Frostbite Run & Winter Walk is to offer an unique experience in the "off season," to enjoy camaraderie, good health, and help support the YMCA.
- \* Dress in your favorite Christmas character costume and be eligible to win a special prize.
- \* Refreshments will be available after the race in the YMCA.

### When:

- \* Saturday, December 5, 2009.
- \* The 1 mile Fun Run and Walk begins at 11:00 a.m.
- \* Both the 5 and 10 mile races begin at 12:00 Noon.
- \* Five mile walkers depart at 12:01 p.m.

### Where:

- \* All events begin and end at the Stevens Point Area YMCA.



### Check-In:

- \* Check-in takes place Friday, Dec. 4, from 4:00-7:00p.m. and Saturday, December 5 9:00-11:00 a.m. at the Stevens Point Area YMCA, All Purpose Room.
- \* Dry Fit Long Sleeve T shirts (size like cotton shirts)
- \* There will be a brief rules meeting at 11:45 a.m.
- \* Locker room facilities and showers are available for your convenience.
- \* BRING YOUR OWN LOCK AND TOWEL.

### Course Description:

- \* Course maps will be available at check-in and online at [www.spymca.org](http://www.spymca.org).
- \* The race runs along paved roads and is flat and fast.
- \* The course is a semi-out and back.
- \* The 5 and 10 milecourse run is identical other than turn around point.
- \* Both races begin and finish at the YMCA.

### Entry Fee:

*This event is a fundraiser for YMCA Youth Programs. Therefore, in the event of a weather cancellation no refunds will be issued.*

- \* **1 Mile Fun Run/Walk**  
(Individual \$3.00)

This entry fee includes a specially designed Frostbite Ribbon.

- \* **5 Mile Winter Walk**  
(Individual \$20.00)

Family (3 or more) \$18.00 per person  
The entry fee for this non-competitive event includes A souvenir long-sleeved T-shirt, locker room facilities, and door prize drawings. Must be present to win.

- \* **5 & 10 Mile Run**  
(Individual \$20.00)

Family (3 or more) \$18.00 per person  
This entry fee includes a souvenir long-sleeved T-shirt, locker room facilities, race results, awards and door prize drawings. Must be present to win.

### Registration:

- \* Registration and payment deadline is **Monday, November 30 2009 at 8:00 p.m.**
- \* A late entry fee of an additional \$5 per entry will be added to the entry fee if received on or after Tuesday, December 1, 2008.
- \* Mail registration forms with entry fee to:  
**Stevens Point Area YMCA - Frostbite**  
1000 Division Street  
Stevens Point, WI 54481  
(Checks and Money Orders Preferred)  
For more information, contact the YMCA at (715) 342-2980.  
Jacob Franklin - Race Director Ext. 306

### Awards:

- \* **NEW** for 2009! Commemorative Frostbite Awards for top three in each age group.
- \* All 1 Mile Fun Run/Walk participants receive a specially designed ribbon. Trophies will be awarded to the top male and female competitors.
- \* Participants in the 5 and 10 mile runs will be awarded for 1st, 2nd and 3rd places in each division.
- \* An award will be given to the most creative Christmas costume. Door prizes will also be awarded. Must be present to win.

**This event is made possible by  
Our Many Sponsors and  
Volunteers**

**The Stevens Point Police  
Department**

**&**

**The Portage County  
Sheriff's Department**

**Thank You!**

