



FROSTBITE ROAD RACE 2011

ENTRY FORM

Presented by



Age Division:

- 10 & Under (accompanied by adult)
 11-17 45-49
 18-24 50-54
 25-29 55-59
 30-34 60-64
 35-39 65-69
 40-44 70+

Race:

- 5 Mile Walk
(Non-competitive, Not timed)
 5 Mile Race
 10 Mile Race

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 _____ Age on Race Day _____

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

P 715 342 2980 F 715 342 2987



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



36TH ANNUAL

FROSTBITE

5 & 10 Mile Road Race & Winter Walk

STEVENS POINT AREA YMCA

Saturday, December 3 • 12 pm

- * 5 mile walk (non-competitive)
- * 5 mile race
- * 10 mile race

CHIP
TIMING

Presented by



the FROSTBITE ROAD RACE

Presented by  Community First Bank

& WINTER WALK

Saturday, December 3, 2011

The purpose of the Frostbite Road Race & Winter Walk is to offer an unique experience in the "off season," to enjoy camaraderie, good health, and help support the YMCA.

Refreshments will be available after the race in the All Purpose Room at the Y.

Both the 5 and 10 mile races begin at 12:00 noon.

Five mile walkers depart at 12:01 p.m.

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

NEW FOR 2011

The event races will be chip timed by The Franklin Finish, LLC



Check-In

Check-in takes place Friday, Dec. 2, from 4:00-7:00 p.m. and Saturday, December 3, from 9:00-11:00 a.m. at the Stevens Point Area YMCA, All Purpose Room.

At check-in, you will be given your Dry Fit long sleeve T-shirt.

There will be a brief rules meeting at 11:45 a.m. in the All Purpose Room.

Locker room facilities and showers are available for your convenience.

Please bring your own lock and towel.

Course Description

Course maps will be available at check-in and online at www.spyymca.org.

The race runs along paved roads and is flat and fast.

The course is a semi-out and back.

The 5 and 10 mile course run is identical other than turn around point.

Entry Fee

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

5 Mile Winter Walk (Individual \$20)

Family (3 or more) \$18/person

The entry fee for this non-competitive event includes a souvenir long-sleeved T-shirt, locker room facilities, and child care.

5 & 10 Mile Race (Individual \$20)

Family (3 or more) \$18/person

This entry fee includes a souvenir long-sleeved T-shirt, locker room facilities, race results, awards and child care.

Registration

Registration and payment deadline is Monday, November 28, 2011 at 8:00 p.m.

A late fee of an additional \$5 per entry will be added to the entry fee if received on or after Tuesday, November 29, 2011.

Mail registration forms with entry fee to:

Stevens Point Area YMCA - Frostbite
1000 Division Street
Stevens Point, WI 54481
(Checks & Money Orders preferred)

For more information, contact the YMCA at 715 342 2980
Brandy Proctor - Race Director ext. 306

Awards

Participants in the 5 and 10 mile races will be awarded for 1st, 2nd and 3rd places in each division by gender.

This event is made possible by

Our Generous Sponsors and Volunteers
The Stevens Point Police Department & The Portage County Sheriff's Department

Thank You!

