

FROSTY 5K & MILE FUN RUN

18TH ANNUAL

TUESDAY, DECEMBER 24TH

Registration *

Event	Entry	After 12/9	Race Day
Frosty 5k	\$20	\$22	\$25
Fun Run	Free (shirts available, \$12)		

Awards

Frosty 5k	Top 2 overall male & female Top 2 per age group (see below)
Age Groups	< 13, 13-15, 16-17, 18-20, 21-25, 26-30, 31-35, 36-40, 41-45, 46-50, 51-60, 61+

Event Schedule

Packet Pickup @ RunAbout	4PM to 8PM (12/23)
Packet Pickup @ Race	11:30AM to 12:30PM
Fun Run Start	12:30PM
Frosty 5k Start	1:00PM
5k & 10 Miler Awards	2:15 & 3PM (approx.)

Event Info

Come run a 5k on Christmas Eve! The Frosty 5k is the final event in the 2019 RunAbout Race Series. The race starts and finishes on the soccer field behind the Food Lion on North Main Street in Blacksburg, with the majority of the race run on roads and paved bike paths. For details and course maps, visit RUNABOUTSPORTS.COM

***Race shirts are guaranteed to all who register before 12/9. Extra shirts will be printed** to the best of our abilities and calculations, but due to printing time constraints we can only guarantee a shirt to those who register before the deadline.

Cash or check payment preferred. A \$2 processing fee must be applied to credit/debit payments. Checks can be made out to **RunAbout Sports** with the participant's name in the memo section. Mailed entries must be received **before 12/9** to receive the lower rate. Completed forms can be mailed with entry fee to:

RunAbout Sports
1470 South Main St, #100
Blacksburg, VA 24060

540.552.9339
Mon-Sat, 10am-8pm
Sunday, 12pm-7pm



CARILION CLINIC



PLEASE **DON'T CUT** FORMS, STAFF WILL THANK YOU!

REGISTRATION FORM (PLEASE PRINT CLEARLY)

FROSTY 5K

NAME	AGE ON RACE DAY	GENDER (CIRCLE)	M F
ADDRESS	CITY / STATE / ZIP		
EMAIL	PHONE		
EVENT (CIRCLE)	5K FUN RUN W/ SHIRT	SHIRT SIZE (CIRCLE)	YOUTH L S M L XL

In consideration of being permitted to participate in the 2019 Frosty 5k, I do hereby for myself, my heirs, executors, administrators and assignees, release and forever discharge the Frosty 5k, The Blacksburg Striders, Runabout Sports, and their respective officers, employees, agents, subsidiaries and affiliates, all sponsors, the Town of Blacksburg, Montgomery County, the State of Virginia and all those persons involved in organizing and manning this event from all claims, demands, losses, damages, actions, cause of action or suits of whatsoever kind or nature, arising out of my participation in the Frosty 5k. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event. Furthermore, I also agree that I have appropriate health care coverage for this activity.

SIGNATURE (GUARDIAN IF UNDER 18)

DATE

OFFICE USE ONLY (CIRCLE) CASH | CARD* | CHECK# AMT. \$ EMPLOYEE DATE

*Add \$2 processing fee for card transactions