Superior Douglas County Family YMCA

5K Frosty Fun Run & 2-Mile Fun Walk

1/2-Mile Frozen Tootsie Trot

Proceeds benefit new Fitness equipment

Date: 12/28/13

Time: 11:00am / 5K & 2-Mile
11:45am / 1/2 Miler

Pre-register by: 12/20/13

Non-Refundable Fees:

- **$17 Frosty Fun Run or Walk** (Ages 8+)
  Includes Long-sleeved t-shirt
  $20 after 12/20
- **$7 Frozen Tootsie Trot** (12 & Under)
  Includes Long-sleeved t-shirt
  **Entry is FREE if no shirt is ordered
- **Registration Deadline: Dec. 20th**
  (Shirts not guaranteed by race day after 12/23)

The courses for both walkers & runners are out & back from the Superior YMCA.
This event is a YMCA fund raiser. In the event of a weather-related cancellation no refunds will be issued.

PRIZES

Medals awarded to the top finisher in each age division, in both the Men's & Women's divisions in the 5K Frosty Fun Run & 2-mile Fun Walk

Ribbons awarded to all participants of the 1/2-Mile Tootsie Trot

Don't want to do it outside? You can use the track above the Gym during the week of Dec. 23-28. Track users will not be included in the standings for medals.

Sponsored by:

Duluth Running Co.
Screen Graphics Uniform Connection — Screenprinting, Embroidery, Uniforms & Promotional Products — sgsuperior.com
PLAY IT AGAIN SPORTS
YOUTH LEADERSHIP PROGRAM — The Chamber Superior-Douglas County Area
MATRIX

RETURN THIS BOTTOM PORTION

Register online @ www.superiorymca.org (OR) Mail form and entry fee to:

Superior Douglas County Family YMCA
Attn: Cathi
9 N. 21st Street
Superior, WI 54880

Phone: 715-392-5611
Fax: 715-392-2636
E-mail: caustin@superiorymca.org
Website: www.superiorymca.org

Name _____

Address _____

Phone _____

Email Address _____

T-Shirt Size YS(6-8) YM(10/12) YL (14/16)
AS AM AL XL XXL

_____ Sex _____ Age EVENT: _____ Run _____ Walk _____ Trot

In consideration of the acceptance of my entry, I the undersigned, intending to be legally bound for myself, my heirs, executor, and administrators, do herby release any and all directors, volunteers, sponsors of this event, and their representatives, successors, and assigns, from any and all liability from illness or injury I may suffer as a result from my participation in this event. I attest and verify that I am physically fit and properly trained for the completion of this event. I assume all risks associated with but not limited to falls, contact with other participants, the affects of the weather, temperature and course conditions.

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____