

Frosty 5K Walk-Run

Sponsored by



Wisconsin Athletic Club

When Saturday, January 23, 2010
Race begins promptly at 1:00pm

Where Frame Park Rotary Building

Cost \$20 pre-registration or \$25 race day

To pre-register Mail registration form to
Wisconsin Athletic Club
1530 E. Moreland Blvd.
Waukesha, WI 53186
OR
Fax registration from to the
Wisconsin Athletic Club • 262.548.8244

Packets can be picked up at the Wisconsin Athletic Club Waukesha from 3-6pm Friday, Jan. 22nd and from 8-11am Saturday, Jan. 23rd.

On Race day you may register at the Rotary Building from 11-1

Please make checks to **Wisconsin Athletic Club**

For more information contact Renee at the Wisconsin Athletic Club at 262.544.4111

Awards will go to:

First place overall
Male & Female Finishers
1st, 2nd, and 3rd Place male and female finishers in the following age categories:

14 and under	40-49
14-19	50-59
20-29	60-69
30-39	70+

Schedule of Events:

11-1 PM Registration at Frame Park in Rotary Building
1 PM 5K Walk/Run
3 PM Awards

Frosty 5K Race Registration Form 2010

Circle Event: 5K run 5K walk

Name: _____ Age (on 1/23/10): _____ Sex: _____

Address: _____ E-mail address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Work Phone: _____

T-shirt size (circle one): Youth S Youth M Youth L Adult S Adult M Adult L Adult XL Adult XXL

I hereby certify that I am adequately fit to run in this race. In consideration of the acceptance of this entry, I, the undersigned, for myself, my personal representative, beneficiaries, and heirs, knowingly waive, release, and discharge any and all rights and claims which I have or may have hereafter accrue to me or my estate against the The Wisconsin Athletic Club and/or any other sponsors, organizers and volunteers and assigns for any and all injuries or death suffered by me in this event. I will also allow my picture and name to be used in publications as a result of this race.

Signature: _____ Date: _____

A parent or legal guardian must sign for all participants under the age of 18.