



Gate City Striders Present: **The 19th Annual Freeze Your Buns 5K Series**

Five races beginning Sunday, January 08, 2012 at 9:00 am

Dates: January 08, January 22, February 05, February 19 and March 04 (all on Sunday & at 9:00 a.m.)

Place: The Conway Arena, West Hollis Street/Riverside Street, Nashua, NH

Directions: Exit 5, Route 111 off Route 3/Everett Turnpike. Go west toward Pepperell for 1/2 mile, turn right on Riverside Street. Turn first left into parking area (use stadium lot only, not arena lot.)

Entry Fee: Race Day: **\$5 per race** for age 19 and over, **\$3 per race** for age 18 and under.

Pre-Registration: for the series (all 5 races), **\$20.00** for age 19 and over, **\$12.00** for age 18 and under.

Amenities: Flat, open, paved course; wonderful camaraderie; accurate timing by GCS; mile markers; prizes for Series winners in each 10-year age group at series end. Hot beverages and light refreshments after the race for runners and volunteers!

Course: 3.1 Mile measured, flat, double loop course. Relatively traffic free, usually plowed and clear.

Awards: Raffle prizes will be given out weekly to runners (and volunteers) and age group awards will be given at the end of the Series to the top male & female point scorers in the following age groups: 10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Comments: FYB is open to the general public. Anyone can run one or more races, but if you pre-register for all 5 races, a discount entry fee applies (see rates above under Entry Fee). For safety reasons, no dogs and strollers are allowed in the races.

Info: Email: runfyb@gatecity.org Website: www.gatecity.org

FIRST NAME _____ LAST NAME _____

MALE/FEMLE (M/F) _____ AGE (on 3/4/12) _____ CLUB AFFILIATION _____

STREET _____ CITY _____

STATE _____ ZIP _____ PHONE _____

EMAIL _____

I know that running a road race is stressful event and therefore is a potentially hazardous activity which may present runners with hazardous conditions. I know I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the event, including, but not limited to: falls, contact with other participants, the effects of the weather, including ice, snow, wind and cold, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Gate City Striders, the City of Nashua, Conway Arena, Road Runners Club of America, volunteers helping at the event, and all sponsors, their representatives and successors from all claim or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons or entities named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of the event for any legal purpose.

If applicant is under 18 years of age, this form must be co-signed by a parent or guardian.

SIGNATURE _____ DATE _____

(Parent/Guardian if under 18)