

Frostbite Prediction Run Entry Form

Presents...

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____ Sex: _____ Age: _____

Email: _____

PREDICTED TIME: _____

SARC member (circle) Yes No

\$20 if postmarked by 02/01/10: \$ _____
(\$18 for SARC members)

\$25 Day of Race: \$ _____

Summit Athletic Running Club Membership

	1 yr.	2 yr.	
Individual	\$20	\$35	
Family	\$30	\$50	
Student	\$10		\$ _____

Total \$ _____

Make checks payable to: **Summit Athletic Running Club**

Mail to: SARC, P.O. Box 1015, Cuyahoga Falls, OH 44223

Release: In consideration of the acceptance of this entry to Frostbite Prediction Run, I do hereby, for myself, my heirs, executors, and administrators, waive and release and discharge Frostbite Prediction Run, Summit Athletic Running Club, Road Runners Club of America, City of Cuyahoga Falls, Rockne's Pub and any additional hosts or sponsors, or their respective agents, representatives and employees, from all claims, demands, and rights of causes of action, present and future, whether known or anticipated, resulting from or arising out of either directly or indirectly, my participation in the Frostbite Prediction Run. I attest that I am physically fit and sufficiently trained for the completion of this race. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of the event for any legitimate purpose. **There will not be a refund of the entry fee if the race is postponed or cancelled due to weather conditions or any other circumstances beyond the control of the Summit Athletic Running Club.**

I have read and understand the foregoing assumption of risk and release.

Signature: _____ Date: _____

Parent or Guardian (if entrant is under 18 years of age) _____ Date: _____

Note: Because of insurance limitations headphones, baby joggers, strollers, roller blades, pets, etc. will not be allowed on the course. **The Race Directors reserve the right to refuse any entry.**

The Frostbite 5K Prediction Run

Saturday, February 06, 2010

9:00 AM

Water Works Park
2025 Munroe Falls Ave
Cuyahoga Falls, OH 44223

Sponsored by:



**SUMMIT ATHLETIC
RUNNING CLUB**

Summit Athletic Running Club

Registration:

8:00 - 8:45 am
Water Works Park
2025 Munroe Falls Ave
Cuyahoga Falls, OH 44223

Entry Fees:

\$20 if postmarked by February 01, 2010
\$18 for SARC members only
\$25 day of race

Online registration available at: www.active.com

Race Includes:

IceSpike non-slip grip shoe system for all finishers!

Results / More information:

www.summitathletic.com

Awards:

Awards to the runner closest to his/her Predicted Time -
not always to the fastest overall runners!

Awards will go as deep as the prize pile.

NOTE:

**In the past, we ran with a temp of 2 degrees and icy surfaces.
In the event of a snow emergency or weather conditions, the
race may be postponed to a later date without prior notice.
Please check www.summitathletic.com for any last minute
race information.**

PLEASE NO WATCHES ALLOWED DURING THE RACE

Join the Club!



**SUMMIT ATHLETIC
RUNNING CLUB**

“A Club for all Runners”

Why Join SARC?

- √ Summit Athletic Running Club (SARC) has many great Club Activities, Seminars and Events
- √ Members get DISCOUNTS at races and local sporting goods stores
- √ SARC offers plenty of volunteer opportunities to support the local running community
- √ SARC has a FREE Shoe program for kids less fortunate
- √ SARC donates backpacks to Children Services
- √ SARC sponsors local college-bound runners with scholarships
- √ SARC sponsors a spaghetti dinner before the Akron Marathon
- √ SARC is 300 + members strong