

# FROSTY 5K

December 14<sup>th</sup>, 2008

**5K starts @ 1 P.M.**

**Mile Fun Run @ 12:30PM**

\* Race day registration and start take place behind Food Lion Grocery Store Parking Lot on North Main Street (soccer field). Please park in the Food Lion Parking Lot at the end of the lot (save the close spots for their customers).

\* Race is on bike trails and roads. Start and finish area is grass.

\* Every mile will be marked. Water will be available at the 2 mile marker.

\* There will be a variety of food and snacks at the finish.

\*\* More information at [www.runaboutsports.com](http://www.runaboutsports.com)

Overall and age group awards. Age group awards 12 and under, 13-15, 16-17, 18-20, 21-25, 26-30, 31-35, 36-40, 41-45, 46-50, 51-60, 61+

**GREAT DOOR PRIZES**—our races are famous for the tons of awesome prizes given away!  
**EVERY** person receives a long sleeve shirt!

Past results can be viewed at [www.runaboutsports.com](http://www.runaboutsports.com). This is the fifth year of the Frosty 5K.

INFORMATION: James @ 540-552-9339

## 3.1 mile Entry fees:

\$16.00 for pre-registered runners. Postmarked before January 28th by mail and on January 31st in person at RunAbout Sports. Fun Run is free and with shirt \$9.00. Shirt optional for fun run.

\$19.00 race day registration

## Course Records:

Jay Johns 16:01 2004

Ann McGranaham Thomas 17:47 2003



Waiver must be signed—I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with this event, including traffic concerns. 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 Runabout Sports, the Town of Blacksburg and other sponsors and their representatives and successors from all claims and liabilities of any kind arising out of my participating in this event, even though liability may arise out of negligence or carelessness on the part of the persons named in the waiver.  
\_\_\_\_\_ Please initial (Parent initials and signs if participant is under the age of 18).

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Age on race day: \_\_\_\_\_ Address: \_\_\_\_\_ City: \_\_\_\_\_

Shirt size: YL S M L XL Gender: M F Phone #: \_\_\_\_\_ 5K or 1 mile: \_\_\_\_\_