



The Frosty Runner Road Race

10 Mile Run & 3.1 Mile Walk/Run
Saturday, January 23, 2016 10 AM
Inclement Weather Date: January 30th

To benefit the Old Colony Regional Vocational Technical High School
Cross Country Team and OC Chapter of the National Honor Society

Start and Finish: All races begin and end at Old Colony Regional Vocational Technical High School, 476 North Avenue, Rochester, MA 02770

Registration Fee: www.jbrace.com or www.oldcolony.us **Entry fee is non-refundable**

Pre-registration \$25 (on-line registration will be open until Jan. 21)

On-Site & Day of Race \$30

Frosty Runner's T-shirt available to pre-registered runners/walkers by Jan. 4

Registration and Number Pick Up: Day of race from 7:30 –9:45 AM at Old Colony Regional Vocational Technical High School, 476 North Ave., Rochester, MA 02770

Awards: Top male and female in each race along with top three male and females in age groups 18 and under, 19 to 29, 30 to 39, 40 to 49, 50 to 59, 60 to 69, 70 and over.

Food Refreshments: Post race food and refreshments to all runners/walkers.

Results: Posted at www.jbrace.com and www.coolrunning.com

Information: Contact bbotelho@oldcolony.info or 508.763.8011 x:122

Please Print

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____ M _____ F _____ Age on race day: _____

Please enter me in the: _____ 10.5-mile run _____ 3.1-mile run _____ 3.1-mile walk

T-shirt size: Small Medium Large X-Large 2X-Large

In case of Emergency contact: _____ Phone: _____

Mail completed entry and checks payable to: Old Colony RVTHS, 476 North Avenue, Rochester, MA 02770

Waiver Must Be Read and 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 assume all risks associated with running including but not limited to falls, contact with other participants, the effects of the road and traffic; all such risks being known by me. Having read this waiver and knowing these facts, I, for myself and my heirs and assigns, and anyone else entitled to act on my behalf, do waive and release Old Colony Regional Vocational Technical High School, the Town of Rochester, and all sponsors, their directors, officers, and volunteers from all claims of liabilities of any kind or nature whatsoever arising out of my voluntary participation in this race, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature

Date

Parent's Signature if under 18