



The Frosty Runner Road Race

10.5 Mile Run & 3.1 Mile Walk/Run

Saturday, January 28, 2017 10 AM

Inclement Weather Date: February 4

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

Start and Finish: Old Colony RVTHS 476 North Avenue, Rochester, MA 02770

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

Pre-registration \$25 (on-line registration will be open until Jan. 26)

On-Site & Day of Race \$30

Frosty Runner's T-shirt available to pre-registered runners/walkers **by Jan. 13**

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

Information: www.oldcolony.us or Contact bbotelho@oldcolony.us or 508.763.8011 x:122

NOTE: Runners, joggers, and walkers are all welcomed to participate in the Frosty Runner Road Races. Although the 10.5 mile race is mainly put on for racers, we applaud all those who set out to complete the distance, regardless of the pace. For your own safety, we strongly discourage you from participating in this event if you cannot maintain a pace of 14:00 (min:sec) per mile as all course support shuts down based on this pace. Participants choose to continue running after 12:30PM, do so at their own risk. No times will be recorded after 12:30 PM. Finishers medallions will be awarded only to those who finish within the official time span.

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 3X-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 understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic, and conditions of the road. I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise. You agree to indemnify and hold each of Old Colony Regional Vocational Technical High School and its employees, the Town of Rochester, local and state agencies and volunteers harmless from any claim or demand, including reasonable attorneys fees, made by any third party due to or arising out of this event. Race management reserves the right to postpone or cancel the event due to events out of managements control such as weather, natural disasters or other emergencies. No refunds will be issued under these circumstances. Management may also alter the course and distances for the safety of the athletes. I understand that the entry fee is non-refundable and non-transferable. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event.

Signature

Date

Parent's Signature if under 18