



9th Annual Frosty 5k

Saturday January 27th at 9 a.m.

Registrations: Early registrations \$30 (NWFLTC Members \$25) Postmarked by January 15th

After January 15th—\$35 (NWFLTC Members \$30)

Mail to: SAINT MARY SCHOOL
110 Robinwood Drive
Fort Walton Beach, FL 32548

Make checks payable to : SAINT MARY SCHOOL

PACKET PICK UP AND RACE DAY REGISTRATIONS is in front of the Parish Life Center at 165 Coral Drive on Friday, January 26th from 4 –6 p.m. and beginning at 7:30 a.m. race day.

T-shirts guaranteed to those who register before January 15th. Late registration will receive t-shirt by 2 weeks post race.

Frosty 5K party with hot food, massages and live music!

For further info contact Jenna Beaty at (850) 243-8913 or Frosty5k@saintmaryschool.net

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Waiver: In consideration of the acceptance of this entry in the Frosty 5K Dual Run/Walk, I herby for myself, my heirs, and my personal representatives, waive and release and all claims and rights for damages I may have against the Saint Mary Church/School, NW Florida Track Club, the organizers, sponsors, officials, and contributors and their representatives, successors and assigns for all and any illness or injuries suffered by me as a result of my participation in or traveling to or from this event. I attest and verify that I am physically fir and sufficiently trained for competition in this event, and that a licensed medical doctor has certified my physical condition. Further, I herby grant full permission to any and all foregoing to use my name, photographs, videotapes, motion pictures, recordings, or any other record of the event for any purpose whatsoever without charge.

PLEASE PRINT ALL INFORMATION

NAME: _____ Birthdate ____/____/____ MALE / FEMALE
ADDRESS: _____ PHONE : _____
EMAIL : _____

Signature _____ Amount paid \$ _____

(parent or guardian in under 18 years old)

Shirt Size: Youth S M L XL Adult S M L XL XXL