



# 32th Annual February Freeze 5K

12 noon Saturday, February 2<sup>rd</sup>, 2019

Roslund Elementary, Tunkhannock, PA

## AGE GROUPS

### MALE & FEMALE

- 12 AND UNDER (3 AWARDS)
- 13 THRU 19 (3 AWARDS)
- 20 THRU 24 (3 AWARDS)
- 25 THRU 29 (3 AWARDS)
- 30 THRU 34 (3 AWARDS)
- 35 THRU 39 (3 AWARDS)
- 40 THRU 44 (3 AWARDS)
- 45 THRU 49 (3 AWARDS)
- 50 THRU 54 (3 AWARDS)
- 55 THRU 59 (3 AWARDS)
- 60 THRU 64 (3 AWARDS)
- 65 THRU 69 (3 AWARDS)
- 70 AND UP (3 AWARDS)

Special award to the first place overall female and male.

**\$20.00** registration fee (**\$15** pre-registration). **No refunds !!!** Every participant receives a photo from the race.

Registration from 10:30 A.M. until race begins. Starts and finishes at the Roslund Elementary School in Tunkhannock. Roslund is located three blocks north of the red light at the intersection of Route 29 and Route 6 in Tunkhannock. Coming from the south, take a right onto Digger Drive; from the north, take a left onto Digger Drive—watch for signs for the race. The school is located at the end of Digger Drive (99 Digger Drive). The course is an out and back and is basically flat over a gradual hill down going out and up coming back. The majority is dirt road with four hundred meters of macadam and twelve hundred meters of old railroad bed.

**THE RACE WILL BE RUN REGARDLESS OF WEATHER—UNLESS THE ROADS ARE CLOSED BY POLICE.**

For more information, call or write: Ed Hetzel, 38 Marina Dr., Tunkhannock, PA 18657 570-909-8994 longrunner11@mac.com

Make checks payable to: BOBCATS

In signing this entry I, for myself, my heirs, lawyers, executors, and administrators waive and release any and all rights and claims for personal damages I may have against the sponsors of the race. I hereby certify that I am physically fit and have trained for this event.

**PLEASE PRINT CLEARLY AND COMPLETELY—USED TO MAIL PHOTOS!!!!**

**Name** \_\_\_\_\_ **Email address** \_\_\_\_\_

**Address** \_\_\_\_\_ **City** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone number** \_\_\_\_\_ **Age** \_\_\_\_\_ **Sex** \_\_\_\_\_

\_\_\_\_\_  
(signature of athlete)

\_\_\_\_\_  
(signature of parent or guardian if under 18)