

Freeze Your Franny

5K Run and Walk

January 26, 2013 at 11:00 am • Stony Creek Metropark

No worries about the weather! The entire course will be cleared and salted if needed.
Warming tent and heaters available. Soup, hot chocolate & coffee served afterward.

LOCATION:

Eastwood Beach in Stony Creek MetroPark,
Shelby Township., MI 48316.

PARKING:

Eastwood Beach (Stony Creek Metropark)
Daily park vehicle entry is \$5 without annual Metropark pass

RACE ENTRY INCLUDES:

Long sleeve tech shirt (adults only)
Long sleeve cotton shirt (children only)
B-Tag timing
Race results will be posted: everalracemgt.com and runmichigan.com
Overall and Masters Male & Female Winner awards
Age group awards

COURSE:

START/FINISH: Eastwood Beach
USATF certified course
B-Tag timing
Start on the paved Park Road and loop back on the paved bike path

PACKET PICK-UP & RACE DAY REGISTRATION

Eastwood Beach 9:15 - 11:00 a.m.
2nd location for Packet Pick-up on website

DOG & STROLLER FRIENDLY EVENT!

**PROCEEDS benefit MCREST, Macomb
County Food Bank & 4 Paws 1 Heart**

UEA STAYWELL 5K RUN and 5K WALK ENTRY FORM (Please Print)

COMPLETE SECTIONS 1-6, SIGN FORM AND MAIL ENTRY WITH CHECK OR MONEY ORDER TO:

Nancy Smith - UEA Staywell, 55161 Whitney Drive, Shelby Twp., MI 48315 Make checks payable to: UEA Staywell

WEBSITE: <http://www.freezeyourfranny.com> - ONLINE REGISTRATION: <http://freezeyourfranny.com/registration>

1

Last Name

First Name

Address

City State/Province

U.S. Postal Code (Zip Code) Postal Code (If other than U.S.)
 -

Area Code & Daytime Phone
 - -

E-mail

6 CHOOSE YOUR EVENT and COST

Check Event	thru Jan. 19th	Jan. 20th thru Jan. 25th	Race Day
<input type="checkbox"/> 5K Run/Walk	\$20	\$25	\$30
<input type="checkbox"/> 5K RUN/WALK KIDS (12 AND UNDER)	\$12	\$17	\$22

7

• Only Complete Entry Forms Accepted •

APPLICATION WILL NOT BE PROCESSED WITHOUT SIGNATURE

I know that running/walking is a potentially hazardous activity. I should not run/walk unless I am medically able and properly trained. I assume all risks associated with participating in this event including, but not limited to, falls, contact with other participants, the effects of weather, traffic and road conditions, all such risks being known and accepted by me. Having read this release and having agreed to its contents, I for myself and anyone entitled to act on my behalf, waive and release all promoters, representatives, agents, sponsors, municipalities, and participants from claims or liabilities of any kind from my participation in this event. I know too that there are no refunds. Finally, I grant permission to use any photographs or record of this event for any legitimate purposes.

Athlete Signature (or Parent, if under 18):

Signature Date

2 Age Race Day

3 Birth Date / /
MO DAY YR

4 Gender M F

5 Shirt Size (Check One) *2XL is an additional \$2

Adult Sizes (tech shirt) S M L XL 2XL*

Youth sizes (cotton shirt) XS (2-4) S (6-8) M (10-12)

Sponsored by - UEA staywell
EDUCATORS WORKING WELL