



Aurora  
Clinic

**PLAINS**  
CHIROPRACTIC & ACUPUNCTURE

### Race Information Sheet

Keep this page for your information.  
Complete and return registration form on page 2.

[www.FrozenFeat.com](http://www.FrozenFeat.com)

**When:** Saturday, February 18<sup>th</sup> 2017. 10k Starts at 9:30am. 5k starts at 10:00am. Race day registration and packet pick-up begins at 8am in the Central High School Commons Area (115 N 4th Street, Grand Forks, ND).

**Course:** The course is on the Grand Forks Greenway trail. Riverside Park for the 5k, Riverside, then Lincoln Park for the 10k. Race courses available online at [www.frozenfeat.com](http://www.frozenfeat.com). **NOTE:** For the safety of all of our participants, pets will not be allowed.

**Amenities:** Long sleeve technical shirt guaranteed for first 200 registrants! Medals for all finishers. Pre-race coffee and Post-race food provided inside Central High School Commons.

**Entry Fee:** See registration form on page 2.

**Awards:** Top 3 overall males, top 3 overall females, top finishers for each age group (Under 19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+), top "Lovebirds" teams for each race.

**Door prizes:** Door prizes are open to all participants and will be drawn throughout the race.

**Things to Note:** There is no bag drop. Lost or stolen items are not the responsibility of Central High School, Frozen Feat, or Red River Runners. Please respect the course, our volunteers, and our host Central High School.

**All proceeds go to benefit the Special Olympics North Dakota, Area 5, Grand Forks**

Questions? Contact:

Stacy Kusler

Race Director

218-779-4743

Email (preferred): [redriverrunnersgf@gmail.com](mailto:redriverrunnersgf@gmail.com)

**#frozenfeat17**



# Frozen Feat 5k/ 10k Registration Form 2017

Please fill out clearly and completely. Keep page 1 for your information and check back to [www.frozenfeat.com](http://www.frozenfeat.com) for the latest race weekend details including packet pickup, downtown parking, race day schedules, awards, and more. Follow us on Facebook for discounts and contests, and hashtag us on instagram using #FrozenFeat17.

Name (First, Last) \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

**Long Sleeve Technical shirt size (circle one):**  
 sizes are adult unisex: **S M L XL XXL**

**YES! I would like to learn more about  
how I can be involved with Special Olympics!**

**LOVEBIRDS::**  
 If part of a Lovebird Team, list partner and team name below.  
**NOTE: PARTNER MUST FILL OUT SEPARATE REGISTRATION FORM!**  
 Partner Name: \_\_\_\_\_  
 Team Name (optional): \_\_\_\_\_

**Waiver Must Be Read and Signed Before Mailing:**  
 I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including low temperatures, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the City of Grand Forks, Central High School, Red River Runners, Grand Forks, all sponsors, their representatives and successors from all claims of liabilities of any kind, including any claims arising out of negligence of the aforementioned parties, arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recording, or any other record of this event for any legitimate purpose.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature if under 18 \_\_\_\_\_

PLEASE CHECK RACE/ PRICE POINT:	
<b>5k indiv. run/walk</b>	
___ By 1-2	\$25
___ By 2-3	\$30
___ After 2-3	\$35
<b>5k Lovebirds*</b> (price per person)	
___ By 1-2	\$20
___ By 2-3	\$25
___ After 2-3	\$30
<b>10k indiv. run</b>	
___ By 1-2	\$30
___ By 2-3	\$35
___ After 2-3	\$40
<b>10k Lovebirds*</b> (price per person)	
___ By 1-2	\$25
___ By 2-3	\$30
___ After 2-3	\$35
*Price PER PERSON. Please list partner above/left.	
<b>Total</b>	<b>\$</b> _____
<b>Make Checks Payable to:</b> Frozen Feat	
<b>Mail to:</b> Red River Runners- GF P.O. Box 12702 Grand Forks, ND 58208-2702	