

FROSTED 5 K Road Race

To benefit the girl's cross
country team



DATE

January 1st 2018

9:30 AM

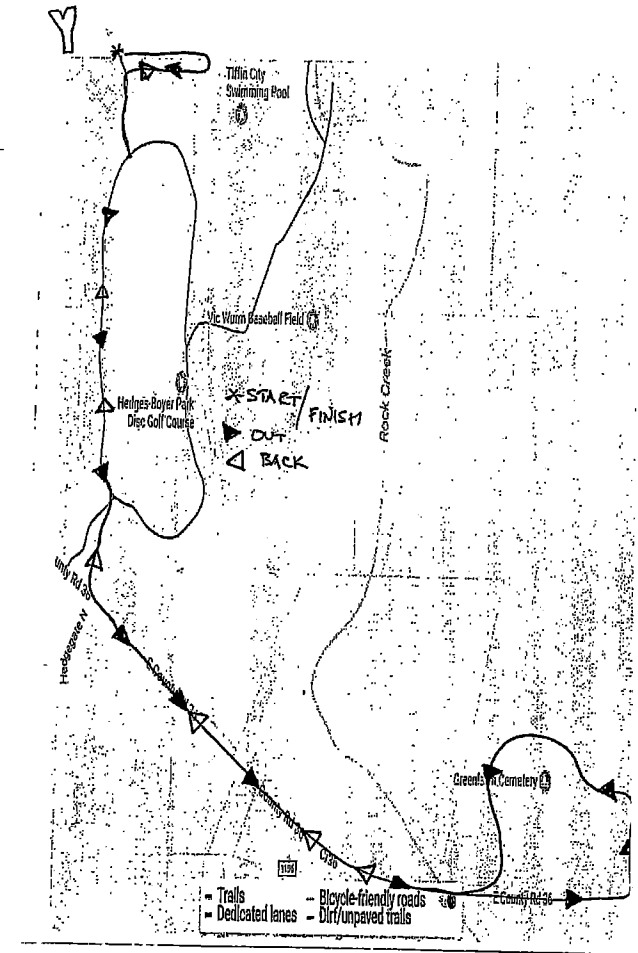
Hedges Boyer Park

COURSE DESCRIPTION

The course begins in the park, up the hill to the rolling section of Coe Street and CR #13. Here they loop through the cementary and head back via CR #13 and Coe Street. A short loop of the park and to the finish we go. All in all it has some roll to it with the steepest incline at the early stages. What a great challenge to start the year!!

The entire course will be well marked with either chalk or duct tape and cones at all significant turns.

Weather depending - it might be modified and that will be determined by the race directors discretion. Thanks for understanding and your support of TCXC girls team.



Course Description

Mostly flat with some rolling hills on paved path or roads.

REGISTRATION

Please fill out form and return to Mark Ingalls C/O Columbian High School, 300 S. Monroe St. Tiffin Ohio 44883

NAME _____

AGE _____*

Shirt size: _____

PRICES

Register before December 5th
\$20 and guaranteed t-shirt
From December 5-race day \$25
maybe t-shirt

AWARDS / AGE GROUPS

MALE / FEMALE

0-20 / 20-30 / 30-40 / 40-50 /
50-60 / over 60

Prizes awarded top three in each category.

RELEASE OF LIABILITY

I have consulted with my health care provider and represent that I am fit to participate in the 5k. Hereby, I am agreeing to this release of liability and understand that I am solely and fully responsible for anything that may happen during this event. Any event personnel is fully relieved from any type of liability from the signed below.
{under 18 needs an adult signature}*

I have read and understand the above and assume full personal responsibility,

Signature

Date

POST RACE

Assorted other goodies will be available to runners and guests.

THANKS THANKS THANKS

United Insurance of Tiffin
Mr. Brian Smith
Mr. Dave Davies
Tiffin YMCA
Tiffin Parks
Tiffin girls' TCXC