



The 35th New Year's Day Freezer Five Mile Road Race



&

sneakerama
FOR THE LONG RUN

FRIDAY, January 1st 2016 11:00 AM

Registration available @ 9 AM
Houghton School, Sterling, MA

Directions: From Route 190 North, take exit 5 Route 140. Turn right at first traffic light. Continue for 1.2 miles to Boutelle Road. Turn Right

SWAG: The (in)Famous Freezer Five "RE(I)CYCLED" T-Shirts to first folks registered. Register early they won't last. All preregistered runners will get Freezer 5 gloves. All finishers will get a medal. Trophies for 1st place male and female.

Amenities: Mile markers, finish line clock, and water @ 2 miles (weather permitting). Post race Beverages and food.

Entry Fee: Pre-registered \$15.00 (Recv'd by Dec. 24th) \$20.00 after Dec. 24th + race day.

Mail Pre entries and make checks payable to:

Central Mass Striders – Freezer 5
P.O. Box 922
Worcester, MA 01613-0922

[Online Registration & Results](#)

www.cmsrun.org

AWARDS: Awards will be given to first male and female overall as well as in the following age categories: 0-19,20-39,40-49,50-59,60+.

Grand Prizes will be a Random Draw must be present to win!!

Information: Joe O'Connor (508) 335-0672 E-Mail: josephoc@yahoo.com
Karla Hansen (508) 353-7771 Email: khanpac@yahoo.com

Please enter me in the 35th Annual Freezer Five Road Race. I agree to assume all responsibility for all risk of damage or injury to me as a participant in this event. In consideration of being accepted as an entrant in Freezer Five Road Race. I hereby, for myself, my heirs, executors and administrators, release and discharge the RRCA, the USATF, the Central Mass Striders, and any and all other individuals, entities, and organizations associated with the race from all claims, damages, rights of action, present or future, whether the same be known, anticipated, or unanticipated resulting from or arising out of, or in incident to, my participation in the event. I hereby certify that I will not participate in Freezer Five Road Race unless I am physically fit and sufficiently trained for competition in the race. I also grant permission for the use of my name and or picture in any broadcast, photograph or other account of this race. I understand that bicycles, skateboards, baby joggers, or strollers, roller skates, or blades, animals, and radio headsets are not allowed in the race and I abide by this guideline. I also agree that I will participate in the full distance of the race and will not take any deviation off the course. To do so could result in immediate disqualification if validated.

Signature (required) _____
(Parent signature if under 18)

AGE _____
(race day)

Name (Print) _____ **DATE OF BIRTH** _____ **SEX** M F

Address _____ **State** _____ **Zip** _____
Street Town

Running Club (if any) _____ **Phone** _____ **E-Mail** _____

