

# 37<sup>th</sup> Annual New Year's Day Freezer Five Mile Road Race



MONDAY, January 1<sup>st</sup> 2018 11:00 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.

**T-Shirts:** The infamous Freezer Five "RE(I)CYCLED" T-Shirts to the first people registered.

**Amenities:** Mile markers, splits, finish line clock, and water at 2 miles. Post race **POLAR** beverages, donuts and hot chocolate.

**Entry Fee:** \$30.00

**Mail Pre entries to:**  
CMS/Freezer Five  
P.O. Box 922  
Worcester, MA 01613-0922

**Online Registration & Results**  
[www.cmsrun.org](http://www.cmsrun.org)

**Make Checks Payable to:** Central Mass Striders

**AWARDS:** Awards will be first male and female overall as well as the following age categories: 0-19, 20-39, 40-49, 50-59, 60-69, 70+  
All preregistered runners will get Freezer 5 gloves.  
All finishers will get a medal. Trophies for 1st place male and female.



**Information:** Joe O'Connor 978-422-6612 e-mail: [JOSEPHOC@YAHOO.COM](mailto:JOSEPHOC@YAHOO.COM)

In case of adverse weather conditions, check CMS website: [www.cmsrun.org](http://www.cmsrun.org)

Please enter me in the 37<sup>th</sup> 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.

**Signature (required)** \_\_\_\_\_ **AGE** \_\_\_\_\_  
(Parent signature if under 18) (race day)

**Name (Print)** \_\_\_\_\_ **DATE OF BIRTH** \_\_\_\_\_ **SEX** M F

**Address** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_  
Street Town

**Running Club** (if any) \_\_\_\_\_ **Phone** \_\_\_\_\_ **E-Mail** \_\_\_\_\_