

Frosty Freeze 5K and Jingle Bell Mile Run
Official Entry Form

NAME: _____

CURRENT AGE: _____ SEX: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

E-MAIL ADDRESS: _____

RACE: (CHECK ONLY ONE) 5K ☐ 1-MILE ☐

SHIRT SIZE: Youth L ☐ Adult S ☐

A Medium ☐ A Large ☐ A X-Large ☐

I individually (and/or as a parent or guardian of the above-named minor), for and in consideration of acceptance of this entry form in the aforementioned event, do hereby release, remiss, waive and forever discharge the Austin High Athletic Boosters, Decatur City Schools, the City of Decatur, River City Runners, and all other supporting groups of this said racing event, together with their officers, agents, officials, employees and volunteers, from any and all liability, claims, demands, actions or causes of actions whatsoever arising out of, or related to any injury, illness, loss, or damage, including death, relating to participation in this event. I agree that my participation in this event requires that I not participate with roller blades, baby joggers, skateboards, animals, headphones, or anything which the race director deems dangerous to myself or other participants and that the race director may remove me from the event for violation of said policy. I further grant permission to this race and organization conducting the race and/or agents authorized by them to use any photographs, videotapes, motion pictures, recordings, and any other record of this event for any purpose. I also agree that if the event is canceled for any reason, that all entry fees are non-refundable.

Signature: _____ Date: _____

If under 19, parent or guardian signature:

_____ Date: _____

Online Entries: www.active.com

Mail Entry to: Austin High Athletic Boosters of Cross Country,
2403 Selma Street SW, Decatur, AL 35603



Austin High Athletic Boosters
of Cross Country present the

Frosty

Freeze

5K

and

Jingle Bell

Mile Run

December 3, 2011
Decatur, AL

DATE: Saturday, December 3, 2011

TIME: 5K starts at 8 a.m. 1 mile starts at 9:00 a.m. Race-day registration begins at 6:30 a.m. at First Baptist Church adjacent to the starting line. **Registration closes at 7:30 a.m. on race day.**

PLACE: Founders Park at Old State Bank in Decatur, AL.

5K ENTRY FEES: \$20 if postmarked by November 28 and \$25 thereafter.

1-MILE ENTRY FEES: \$10.00 if postmarked by November 28 and \$15 afterward, including day of race.

ENTRY FEES FOR BOTH 5K AND 1-MILE: \$25 if postmarked by November 30 and \$30 thereafter.

TO ENTER: Checks payable to Austin Athletic Boosters of Cross Country, mailed to Austin High Boosters of XC, 2403 Selma Street SW, Decatur, AL 35603.

Online registration www.active.com

RACE CONTACTS: We are continually looking for new sponsors. If you can help please contact Belinda Rossi at 355-7972 (tonyandbelinda@att.net)

T-SHIRTS: First 300 entries will receive a T-shirt.

COURSES: Both 5K and mile courses are certified. 5K is 3.1 miles on streets through historic old Decatur and downtown. 5K course certification is AL06023JD; mile course is AL06024JD.

AID STATION: Water will be available at the 1.5-mile mark in the 5K.

POST-RACE REFRESHMENTS: Drinks, water and snacks will be available near the finish line for race participants.

RACE PACKETS: Packets will be available on race day beginning at 6:30 a.m. Race numbers/chips, t-shirt and race instructions will be provided. **Chips must be worn for results.** A **\$10 replacement** fee will be charged for lost/non-returned chips.

DIRECTIONS FROM HUNTSVILLE: I-565 W to Hwy 31 S. After crossing the bridge over the Tennessee River, turn right onto Church Street. Continue to First Baptist Church.

5K AWARDS: Awards will be presented to top overall male and female winners (Open and Masters) and to 1st -3rd place runners in each of the following age divisions by gender. No duplication of awards.

9-14	15-19	20-24	25-29	30-34	35-39	40-44
45-49	50-54	55-59	60-64	65-69	70 and over	

1-MILE AWARDS: Awards will be presented to overall male and female winners and first through third place runners in each of the following age divisions by gender. No duplication of awards

4-under	5-7	8-10	11-13	14-16	17 and over
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ABOUT AUSTIN HIGH CROSS COUNTRY: The Austin cross country program has become a successful part of the school's athletic program. It has produced numerous outstanding individuals and teams, including the 2002 Class 6A girls state championship team and the 2003 6A girls runner-up team. The parent support organization worked to fund the resurfacing of the school track and now raises money for continued improvement to the track.

Course map

