

Bay Area Runners Club Freeze Your Fanny 5K Run/Walk
Saturday January 16th, 2010 – 10:00 AM

- Location:** Bay County Community Center, 800 John F. Kennedy Dr.-Bay City, MI.
- Directions:** Take I-75 exit 162, go east about three miles, turn right on Henry Street.
Go south about a mile, turn left on John F. Kennedy Dr..
- Entry Fee:** \$15.00 pre-entry with shirt, \$10.00 pre-entry without shirt.
Current BARC members deduct \$1.00 from pre-entry fee.
Pre-entry deadline January 6th. **Again This Year!**
\$20.00 after 1/6 or on race day with shirt. **Finish all three winter races**
\$15.00 after 1/6 or on race day without shirt. **at the Community Center**
Shirts not guaranteed to late entries. **and receive a special design award.**
- Mail Entries To:** John Metevia –2611 Roundtree Circle - Midland, MI – 48642
Make checks payable to: BARC.
- 5K Run Awards:** First and second place overall male and female. First and second place male and female age group awards.
- Run Age Groups:** 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over.
- 5K Walk Awards:** First through fifth overall male and female.
- Course:** Blacktop, out and back, accurately measured.
- Results:** Posted day of race, available on-line at BARC-mi.com.
- Facilities:** Restrooms and showers available.
- Refreshments:** Water, pop, cookies, and fruit.
- Information:** John Metevia (989) 832-2267 or jmetevia@yahoo.com.

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Last Name _____ First Name _____ Middle Initial _____
Address _____ City _____ State _____ Zip Code _____
Birth Date ____/____/____ Age On Race Day ____ Sex M____ F ____ Phone (_____) - _____ - _____
5K Run ____ 5K Walk ____ T-Shirt Size: Small ____ Medium ____ Large ____ X-Large ____ No Shirt ____

I know that running or walking a road race is a potentially dangerous activity. I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of any race official relative to my ability to safely complete this event. I assume all risks associated with this event including, but not limited to falls, contact with other participants, the effects of the weather, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry. I for myself and anyone entitled to act on my behalf, waive and release the Bay Area Runners Club, Bay County Community Center and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Please: No animals, roller skates, roller blades, baby strollers, bicycles, or skateboards.

Signature (Parent if under 18) _____ **Date** ____ / ____ / ____

BARC Freeze Your Fanny 5K

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