



The Campbell County YMCA Presents:

The Al Salvato Memorial

3rd Annual

FROSTBITE 5

- What:** 5 Mile run
- When:** Thursday January 1st, 2009, Race Begins at 8:30 am sharp
- Where:** Campbell County YMCA, 1437 South Fort Thomas Avenue, Fort Thomas
- Divisions:** Male and Female 14 & under, 15-17, 18-23, 24-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69. Walkers Welcome
- Fees:** \$20 Pre-Registration, \$25 Race Day Registration (includes T-Shirt)
- Results:** Will be available online 48 hours after the event, website TBA

For more information call the Campbell County YMCA at (859) 781-1814

First Name _____ Last Name _____ Male Female (circle one)

Address _____ Shirt size: S M L XL XXL (circle one)

City _____ State _____ Zip _____

Phone Number _____ Age as of 12/31/08 _____

Email _____ Runner Walker (circle one)



Mail to: Frostbite 5, C/O Steve Prescott, PO Box 454, Mason Ohio 45040, or register online at www.sprunning.com
Make check payable to Campbell County YMCA

Waiver: In consideration of the acceptance of my entry, I hereby waive on behalf of my heirs, executors and assigns, all claims of any nature arising from my participation in the 2009 Frostbite 5 race, and do hereby release the Campbell County YMCA, the City of Fort Thomas, Campbell County, Steve Prescott and all sponsors, workers, officials and volunteers from any claim whatsoever arising from my participation in this event. I agree to abide by all the rules for participation, and acknowledge that the Race Committee may refuse or return my entry at its discretion.
I HAVE NOTED ANY MEDICAL CONDITIONS on the reverse side of this form.

Entry Signature _____ Date _____

Parents Signature _____ Date _____
(required of entrants under the age of 18)

Emergency Contact _____ Phone _____