



# Melt the Ice 5K

Saturday, March 14, 2020

at 10:00 AM

presented by the

**Fremont Elite Runners' Club**



- All proceeds will be donated to the **Fremont Exchange Club**.
- Mail-in Registration Fee: \$20 by **February 29, 2020** (Race shirts guaranteed to pre-registered participants.)
- Online Registration Fee: \$20 by **March 7, 2020** (Race shirts guaranteed to pre-registered participants.) <https://runsignup.com/Race/OH/Fremont/MelttheIce5K>
- Race Day Registration at Recreation Center - Fee: \$25 (Not guaranteed - Limited shirts)
- Start and finish inside **East Side Biggs-Kettner Park**, 601 Saint Joseph St, Fremont, OH 43420. Accurate, fast, and flat course.
- Race day registration will begin at 8:30 AM until 15 minutes before the start of the race.
- Awards: Overall male and female finishers, and the top three finishers in the following age categories: 9 and under, 10-14, 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.
- \*NO DOGS OR OTHER PETS PERMITTED ON COURSE DURING RACE\*
- Race will be held rain or shine. No refunds. We reserve the right to cancel if deemed unsafe to proceed due to weather or unforeseen emergencies or circumstances.

MAIL CHECKS/MONEY ORDERS PAYABLE TO:  
 THE FREMONT ELITE RUNNERS CLUB  
 PO BOX 202  
 FREMONT, OHIO 43420

## Melt the Ice 5K

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ FERC Member \$2.00 Discount: \_\_\_\_\_

City/ State / Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Sex: Male | Female Age (on 03/14/20): \_\_\_\_\_ Shirt Size: S | M | L | XL | XXL

I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and condition of the course, 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 Fremont Elite Runners Club, the City of Fremont, volunteers and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature/ Date \_\_\_\_\_

Signature of Parent/Guardian if under 18/Date \_\_\_\_\_