



# Melt the Ice 5K



Saturday, March 11, 2023

at 9:00 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 24th, 2023** (Race shirts guaranteed to pre-registered participants.)
- Online Registration Fee: \$20 by **March 5th, 2023** (Race shirts guaranteed to pre-registered participants.) <https://runsignup.com>
- **\$2.00 discount to Pre-Registered FERC Members**
- 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 7:45 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: 14 and under, 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\*

MAIL CHECKS/MONEY ORDERS PAYABLE TO:

THE FREMONT ELITE RUNNERS CLUB

PO BOX 202

FREMONT, OHIO 43420

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Melt the Ice 5K

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

Address: \_\_\_\_\_ FERC Member \_\_\_\_\_ (\$2.00 discount)

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

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

Sex: Male | Female Age (on 03/11/23): \_\_\_\_\_ Shirt Size: XS | 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, 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 \_\_\_\_\_