



MELT THE ICE 5K

Saturday March 23, 2024 at 10:00 A.M.

Presented by the Fremont Elite Runners Club

More info at <https://ferc.run/melttheice>

- All Proceeds will be donated to the **Fremont Exchange Club**
- **Mail-in registration fee:** \$25 by **March 8, 2024** (Race shirts guaranteed to pre-registered participants) **\$2 extra for 2XL size**
- **Online registration fee:** \$25 by **March 17, 2024** (Race shirts guaranteed to pre-registered participants) **\$2 extra for 2XL size**
- Race Day registration fee: \$30 at the Strand Theater (Not guaranteed-limited shirts)
- **Start and finish outside The Strand Theater 220 S. Front Street, Fremont, Ohio 43420**
- Race Day registration will begin at 8:30 A.M. 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.
- Race will be held rain or shine. No Refunds. We reserved 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

P.O.BOX 202 Fremont, Ohio 43420

MELT THE ICE 5K

First Name: _____ **Last Name:** _____

Address: _____ **FERC Member \$2.00 Discount :** _____

City/State/Zip: _____ **Phone:** _____

Sex: Male| Female Age: (On 3/24/24): _____ **Shirt Size S|M|L|XL|XXL +\$2**

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 person named in this waiver.

Signature/Date: _____

Signature of Parent/Guardian if under

18/Date: _____