

The Frantastic 5k

Saturday, June 9th, 2018

9:00 AM

Winslow Park



Name: _____

Sex: M / F _____ Date of Birth: ____ / ____ / ____ Age: _____

Cost of Registration:

\$20 in advance

\$25 on race day

Course Description:

The race will begin down by the gazebo at Winslow Park, from there participants will start by running a quarter mile loop within the park that encompasses the playground. After this loop, participants will run out of the park and follow Staples Point Road for approximately a mile and a half before turning around near Redding road and following Staples Point Road back to the park to finish the race. *Participants are also encouraged to bring nonperishable food items to donate to the Freeport Community Services' food pantry.*

T-Shirt (for First 50 participants, if there are any additional shirts printed they will be sold)

Type of Shirt (Circle one of each):

M/F

Size: S/M/L/XL

Mailing Address: _____

Email: _____

Waiver: I, _____, know that running in road race is a potentially hazardous activity and I should not enter unless I am medically able. I assume all risk with participating in this event and knowingly release the race directors, Run In a Race, and all sponsors for all claims and liabilities of any kind arising from my participation.

Signature: _____ Date: _____

(Parent or Guardian if under 18)