

9<sup>th</sup> Annual

# Firefighters' Frozen 5K



&



1 mile fun run

WWW.MMBA40.COM

Saturday December 10, 2011

Hosted by the  
McKinley Heights Mutual Benefit Association

Time: 1 mile fun run starts at 9:00 AM  
5K run starts at 9:30 AM  
Registration begins at 7:30 AM

Course & Location: Located at the Fire Station off of US 422 and Tibbetts Wick Rd. Both Races begin and end at the Weathersfield Fire Dept. Mile splits and a water stop at the halfway mark will be available during the 5K run.

Registration fees: Preregistration is \$14.00 (if received by December 2<sup>nd</sup>) Runners can register on race day beginning at 7:30 AM for a \$16.00 fee. Only those who are pre-registered are guaranteed to receive a long sleeve t-shirt.

Awards: Awards will be given to the top three overall male and female finishers. Awards will also be presented to the top three finishers in each of the following age groups.



| <u>Men</u> |       | <u>Women</u> |       |
|------------|-------|--------------|-------|
| 13 & under | 37-42 | 13 & under   | 37-42 |
| 14-17      | 43-48 | 14-17        | 43-48 |
| 18-24      | 49-54 | 18-24        | 49-54 |
| 25-30      | 55-59 | 25-30        | 55-59 |
| 31-36      | 60-65 | 31-36        | 60+   |
|            | 66+   |              |       |

*\*Top finishing Firefighter receives a special award*

-----Please Print-----

In consideration of the acceptance of this entry, I waiver and release, for myself, my heirs, and my assigns, any and all rights and claims for injury and damage which I might have against the Township of Weathersfield, MMBA, and all sponsors as the result of any and all injuries which I might be received during this contest. I hereby attest and certify that I am physically fit and have sufficiently trained for this run.

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Adult Shirt Size (circle): S M L XL XXL

Event (circle): 5k or Mile fun run

Signature (parents' signature if under 18): \_\_\_\_\_

(Firefighter) Department: \_\_\_\_\_

Make checks payable to: MMBA

Send to: MMBA Firefighters' Frozen Five; 2229 Gardenland Ave; Niles, Ohio 44446