

FROSTBITE FROLIC-5K/10K  
2006 U OF O WINTER GAMES  
Saturday, January 28, 2006

CHECK-IN TIME: 12:00 to 1:00 p.m.  
RACE TIME: 1:30 p.m. Sharp!  
LOCATION: Spirit Lake Middle School

**Start & Finish:**

Walkers & race entrants for 5K & 10K will start at Spirit Lake Middle School.

**Divisions:**

12 & Under, 13 to 18 years, 19 to 29, 30 to 39, 40 to 49, 50 to 59 and 60 & Over. The same for men and women - 5K & 10K. All ages and skill levels are encouraged to participate.

**Awards:**

Trophies to Overall Women & Men winners in each race.

Medals for 1st, 2nd and 3rd place in each age group.

AWARDS CEREMONY will take place at the Spirit Lake Middle School following the race.

Door Prize drawings will also be held for race participants--must be present to win.

\*\*\*SHOWERS ARE AVAILABLE- BRING YOUR OWN TOWELS

**Race Course:**

5K: A challenging two-hill out & back course.

10K: A loop around Francis Sites, with several generous hills.

**Entry Fee:**

\$18.00 if received by 1/20/06

\$25.00 day of race registration

\$15.00 per person - immediate family rate for 3 or more

**\*\*\*PRE-REGISTRATION IS RECOMMENDED TO BE ASSURED A T-SHIRT!**

If you have questions about Winter Games, contact the Chamber of Commerce at 712-332-2107 or 800-839-9987. Because of potential inclement weather, race director reserves the right to cancel at anytime. No refunds, but pre-registration does guarantee t-shirt.

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WINTER GAMES FROSTBITE FROLIC 5K/10K ENTRY:

Name \_\_\_\_\_ Age \_\_\_\_\_ Birth date \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Race: 5K \_\_\_\_\_ 10K \_\_\_\_\_ Shirt Size: Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large \_\_\_\_\_

Entry Fee: \$15.00 Family Rate (3 or more) \_\_\_\_\_ \$18.00 \_\_\_\_\_ \$25.00 (day of race) \_\_\_\_\_

Make checks payable to Iowa Great Lakes Area Chamber of Commerce.

WAIVER OF LIABILITY: In consideration of the foregoing, I or myself, my heirs, my executors, administrators and assignees, do hereby release and discharge the City of Spirit Lake, Spirit Lake Middle School, Spirit Lake Booster Club, Iowa Great Lakes Area Chamber of Commerce and all other sponsors from claim, damages, actions, whatsoever in any injuries suffered me in connection with the 2006 University of Okoboji Winter Games Frostbite Frolic-5K/10K.

For more information contact the Race Directors, Nathan and Carrie Caviness at 712-336-8953.

Mail entries to: Frostbite Frolic-5K/10K  
P.O. Box 9  
Arnolds Park, IA 51331

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Signature (If under 18, parent must sign)