



Presented by
Elkhart Parks & Recreation
& Stone Soup Promotions



Bring your **Valentine** and join us for the Frosty 5K and Mitten Mile! It is back for its sixth year on its traditional second Saturday in February. The Frosty 5 K Run/Walk & Mitten Mile is a flat 3.1 mile and 1 mile wellness run/walk race.

Enjoy the cross country style course starting from Studebaker Park Pavilion in Elkhart. The course follows the stone paved River Greenway Trail along the Elkhart River.



The Frosty 5K, Mitten Mile and the beautiful scenic location is sure to offer something for everyone! Chip timing for all participants, a roaring fire, and snacks await everyone at the finish line!

Join us for a race kickin' good time!

DATE & TIME & LOCATION

Saturday, February 14, 2015 at 10 am (EST)
Race Day Registration Begins: 8:30 am (EST)
Studebaker Park Pavilion, 1020 McDonald Street, Elkhart, IN 46516

REGISTRATION

Walk in/ mail to Elkhart Parks & Recreation Department,
201 South 2nd Street, Elkhart, Indiana 46516

Online at www.thtiming.com

FEES

5K Run/Walk/Mile

- \$25 with t-shirt **Deadline:** 5 pm, January 23
- \$15.00 no t-shirt **Deadline:** 5 pm, February 13
- RACE DAY \$20.00 (no t-shirt)

Checks must include Driver's License and Date of Birth.

NO REFUNDS-unless canceled by the City of Elkhart Parks & Recreation

TIMED COURSE

Flat, scenic, tree lined, gravel path, possibly snow /ice covered.
Chip timed. T & H Timing

AWARDS

Top M/F in 15 Standard (5 yr.) Age Groups for 5K run, walk & mile

INFORMATION

- Paula Turk 574-293-1683 (Stone Soup Promotions)
www.stonesouppromotions.com
- Wendy Terrazas 574-295-7275 (Parks)
www.elkhartindiana.org/parks

2015 Frosty 5K Run/Walk & Mitten Mile Entry Form

Check One

5K Run ☐

5K Walk ☐

Mile ☐

Participant

Phone Number

Age on Race Day

Gender

Email

Address

Long Sleeved T-Shirt : **Adult Sizes Only** (Indicate SM MD LG XL XXL)

City/State/Zip

How did you hear about this race?

Emergency Contact

Phone Number

RACE WAIVER: (Please read carefully) I know and understand that running a cross-country race is a potentially hazardous activity. I should not participate in this or any race unless I am medically able and properly trained. I knowingly undertake these risks. I understand and 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 cold, snow, and/or ice; and conditions of the trail. I hereby release and discharge I understand that the City of Elkhart, the City of Elkhart Parks and Recreation, its officers, employees, agents, and assignees, including all sponsors, their representatives and successors (collectively "City"), from any and all claims and liability whatsoever for all loss, damages, claims, demands, causes of action or suits of any kind arising out of my participation in this event. I further agree not to bring any claim or suit, whether in law or in equity, against the City arising in any way out of my participation in this event. Furthermore, I grant permission to all of the foregoing to use any photograph, motion picture, recording or any other record of this event in which I may appear for any purpose. I have read and understand this form.

Participant Signature

Date

Parent or Guardian Signature (if participant under 18 years of age)

Date