

**Frostbite 5K /10k walk/run**  
**1 Mile Family Fun Run/Walk**  
**February 22, 2020**

**Register online at [www.runnercard.com](http://www.runnercard.com)**

Race (5K & 10K) begins at 9:30 AM at Expedition Island, Green River, WY.

Register online at [www.runnercard.com](http://www.runnercard.com) or at the Green River Recreation Center.

**Early Registration cutoff will be Friday, February 14<sup>th</sup>.**

**Onsite Registration Friday, February 21<sup>st</sup> from 4:00-8:00 PM at Expedition Island Pavilion.** Runners who don't preregister need to be there during these times. Late registration fees will apply and a shirt is not guaranteed.

**5K Course:** Race will start at the Island Pavilion in Green River and enter the Green Belt. It will continue toward the horse corrals. It will go around the circle and back to the pavilion.

**10K Course:** Race will start at the Island Pavilion in Green River and enter the Green Belt. It will continue toward Stratton Meyers and the Bike Park. This is an out and back race. The turn around point will be marked.

Detach and return for pre-registration

In consideration by my being accepted in this event, I the undersigned intending to be legally bound, do hereby, for myself, my heir, executors, administrators and assignees waive, release any and all rights and claims I may have against the City of Green River their agents, RunnerCard, and any and all participating sponsors and supporters, for any and all injuries, ailments or other consequences suffered by me in the race. I also understand that the entry fee paid by me is nonrefundable. Further, I grant my permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Phone (    ) \_\_\_\_\_ Gender: \_\_\_\_\_ Male    \_\_\_\_\_ Female

Address \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_\_\_

Zip code \_\_\_\_\_ Signature \_\_\_\_\_

Signature of parent or guardian if under 19 \_\_\_\_\_

Email \_\_\_\_\_

Event: \_\_\_\_\_ 5K    \_\_\_\_\_ 10K    \_\_\_\_\_ 1 Mile (Family 1 Mile is free to paying 5K or 10K adults/youth)

Shirt Size: Men's \_\_\_\_\_ or Women's \_\_\_\_\_ Adult: \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ 2XL

Youth : \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L

*Shirt is not guaranteed after early registration deadline of February 14<sup>th</sup>.*

**Early Registration: Due February 14<sup>th</sup> by 9:00 pm**

Price: Adults 18 & Up \$20 **Late registration: \$30 (No registrations day of race)**

Price: Youth 17 & Under \$15 **Late registration: \$25**

**(No registrations day of race)**

**1 Mile Family Fun Run (No registrations day of race)**

Price: Children 12 & Under \$10

Includes shirt for children. Parents participate for free.

*Make checks payable to City of Green River*

City of Green River Parks and Recreation Dept:

1775 Hitching Post Drive Green River, WY 82935

For questions call 307-872-0514

Race Bag Pick-up

→February 21<sup>st</sup> from 4-8 pm at Expedition Island Pavilion

**\*Pick up your bag on Friday and be entered into a drawing for a Date Night Package\***

→February 22<sup>nd</sup> from 8-9 am at Expedition Island Pavilion



## Frostbite

### 5K, 10K & 1 Mile Family Fun Run



Date: FEBRUARY 22, 2020

5K & 10K Start Time: 9:30 AM

1 Mile Family Fun Run: 10:30 AM

EARLY REGISTRATION DISCOUNT DEADLINE

February 14<sup>th</sup>

Entry fees:

\$20 Adults 18 & up / Late Registration \$30  
\$15 Youth 17 & under / Late Registration \$25

1 Mile Family Fun Run

\$10 Children 12 & under (Includes a shirt)

1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place prizes for each age division.

T-shirts provided to all participants that are registered by February 14th.

Late registrations are not guaranteed a shirt.

The race will begin on Expedition Island in Green River, WY and then enter on to the Greenbelt Pathway. This is an out and back race for both the 5K and 10K.

For more information call: 307-872-0514

**Register Online at [www.runnercard.com](http://www.runnercard.com)**

No registrations on day of race

