

# MELT THE ICE 5K

*A BENEFIT FOR THE AMERICAN CANCER SOCIETY*

**SATURDAY, MARCH 21, 2009  
10:00 AM**

**RACE REGISTRATION INFORMATION:**

**MAIL PRE REGISTRATION BY MARCH 14TH: FREMONT PARKS AND RECREATION DEPT.  
600 ST. JOSEPH STREET  
FREMONT, OHIO 43420**

**PRE REGISTRATION FEE: \$12 (RACE SHIRTS GUARANTEED TO FIRST 125 RUNNERS)**

**RACE DAY REGISTRATION: BEGINS AT 8:00 AM UNTIL 15 MINUTES BEFORE THE START OF THE RACE AT THE FREMONT COMMUNITY RECREATION COMPLEX, 600 ST. JOSEPH STREET, FREMONT.**

**RACE DAY REGISTRATION FEE: \$15 (RACE SHIRTS NOT GUARANTEED)**

***PLEASE MAKE CHECKS PAYABLE TO: THE AMERICAN CANCER SOCIETY***

**AWARDS: OVERALL MALE AND FEMALE FINISHER AND THE TOP THREE FINISHERS IN THE FOLLOWING AGE CATEGORIES: 9 AND UNDER, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 AND OVER. AWARDS AND POST RACE REFRESHMENTS IN THE GYMNASIUM OF THE FREMONT COMMUNITY RECREATION COMPLEX.**

**COURSE: FAST AND FLAT COURSE THAT STARTS NEAR THE FREMONT COMMUNITY RECREATION COMPLEX ON THE NORTH COAST INLAND TRAIL. RACE FINISHES ON THE TRAIL NEAR RECREATION COMPLEX. WALKERS WELCOME!**

**FOR MORE INFORMATION, CONTACT THE FREMONT PARKS AND RECREATION DEPARTMENT AT (419) 334-5906 OR VISIT: [www.fremontrunningandfitness.com](http://www.fremontrunningandfitness.com)**

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

MALE: \_\_\_\_\_ FEMALE: \_\_\_\_\_ AGE (AS OF 3/21/09): \_\_\_\_\_

SHIRT SIZE (CIRCLE ONE):        S        M        L        XL        XXL

I, the undersigned, verify that all information given during registration is the truth. As a participant in this and any other program offered by the City of Fremont and Fremont Parks and Recreation Department, I/we recognize that there are certain risks and I agree to assume all such risks which I may sustain as a result of participation in any and all activities connected or associated with such programs. I also understand that the City of Fremont and Fremont Parks and Recreation Department, its officials, agents, employees and insurers are held harmless from any and all liabilities, claims, actions or causes of actions resulting from physical injuries, including death, loss of services, loss or damage to property or any other loss on account of my participation in this and all other programs of the City of Fremont and Fremont Parks and Recreation Department.

\_\_\_\_\_  
Signature/Date

\_\_\_\_\_  
Signature of Parent/Guardian if under 18/Date