

# REGISTRATION FORM

Name	Age
Street Address	Gender M F
City, State, Zip	Phone Number
Date of Birth	Email Address

- Before 2/1/10 (with shirt).....\$20      Shirt Size:    XS    S    M    L    XL  
 Without shirt.....\$15  
 I would like to join the Edmond Running Club for 2010 and included is an additional \$16 for annual membership dues.  
 I am already a member of the Edmond Running Club and included is an additional \$16 to renew my membership for 2010.

Postmark entry form and payment no later than 2/1/2010 (to be guaranteed a shirt) to:  
Edmond Running Club, P.O. Box 1706, Edmond, OK 73083

Bib #

To complete your registration, please read and sign below.

All packets not picked up by 10 a.m. on race day will be considered a donation and we thank you in advance. We will not give refunds.

## Waiver and Release

*This entry and release form is a contract with legal consequences. Read it carefully before signing. This event is sponsored by the Edmond Running Club and the City of Edmond Parks and Recreation Department:*

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although police protection may be provided, there will be a possibility of traffic on the course route. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event, including, but not limited to, falls, contact with other participants, the effects of the weather, and the condition of the roads, all such risks being known and appreciated by me. Furthermore, I agree to yield to all emergency vehicles. I also am fully aware that baby strollers, baby joggers, pushed wheelchairs, wheels of any kind (except competitive wheelchairs in a separate race), animals, and head phones are strictly prohibited, and I agree not to have them on the course. Furthermore, I agree not to go back on the course after finishing. I am fully aware that allowing someone else to wear my race number, switching race numbers, or running under a false name is a fraudulent act, and I agree not to do this. Knowing these facts, and in consideration of your accepting my entry, I hereby, for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and unconditionally waive, release and discharge Edmond Parks & Recreation Dept., City of Edmond, USATF/Oklahoma/LDR, Edmond Running Club Inc., City and State Police Department, race officials, volunteers, and any and all claims or liability of death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event, whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to sponsors and/or agents authorized by them to use any photographs, video tapes, motion pictures, recordings, or any other record of this event for any purpose. Applications for minors will be accepted only with a parent or guardian's signature.

**Must be signed and dated here to participate:** \_\_\_\_\_  
Signature of parent or guardian if entrant is under 18 years of age

## Welcome to the 2010 Frigid Five-Miler!

It's our 15th Annual Frigid Five, and we're glad you're joining us!

This year, the race and walk will be held on Saturday, February 13, 2010. What better way is there to spend your Valentine's weekend than running *the coolest race of the year?*

**Important note:** For the first time in Frigid Five History, we will be using disposable chip timing, so you will not have to return your chip to us after the race. Also, Packet Pickup will be held at Elite Feet in Edmond at Danforth and Bryant on Friday, February 12th, from 10 am to 6 pm. Keep checking [www.EdmondRunningClub.com](http://www.EdmondRunningClub.com) for specific details about the Frigid Five.

One important aspect of every race seems to be the shirts. This year, we will have new Asics long-sleeved technical shirts, which are **unisex** in size. That means ladies might choose to order a size smaller than usual, as they tend to run closer to men's sizes. We guarantee shirts to all entrants who have **registered by February 1st, 2010**. Mailed forms must be postmarked by February 1st to be guaranteed a shirt. If you register after February 1st, you will get a shirt **only if we have extras**. So please register early!

**Children's Run:** The Children's Run is 1 mile long and has no entry fee, but please register them with us on the attached form or on race day! The children's run will count as an official mile in the OKC Memorial Children's Marathon.

Sign up now and ensure your place in the fun! Complete the application in this brochure and mail in to:

**Edmond Running Club**  
**P.O. Box 1706, Edmond, OK 73083**  
or visit [www.signmeup.com](http://www.signmeup.com) to register online.