



Mayfield  
Nordic Ski Team  
Frostbite 5K  
Run/Walk

**Date: Saturday, November 22, 2014**

**Race Begins at 10:00am**

Location: Mayfield High School

Meet in gym lobby after race for awards

\$15.00 students, \$18.00 adults before 11/20/14  
or \$20.00 day of race

**Prizes:** Overall male and female winner, 1<sup>st</sup>-3<sup>rd</sup> in age categories  
male and female 0-14, 15-19, 20-29, 30-39, 40-49, 50-  
59, 60+

Make Checks payable to MCS/Nordic Ski  
Team

**Mail Registration to:**  
Ryan Bornt  
Frostbite 5K  
27 School Street

**1ST 75 PARTICIPANTS TO  
REGISTER WILL RECEIVE A  
LONG SLEEVE T-SHIRT.  
SIZES ARE LIMITED.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Age: \_\_\_\_\_

Sex: M \_\_\_ F \_\_\_ Shirt size: \_\_\_\_\_

PLEASE PRINT YOUR NAME AND AGE CLEARLY!

In consideration of accepting this entry, I the undersigned, intending to be legally bound hereby, for my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against Mayfield Central School, their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I will participate in this event as a foot race entrant, that I am physically fit and sufficiently trained for this competition and have been verified by a licensed medical doctor.

Signature \_\_\_\_\_

Parent/Guardian signature (if under 18) \_\_\_\_\_

**TIME: 11:00 AM**

**27 School Street  
Mayfield, NY 12117**

Mailing Address Line 1  
Mailing Address Line 2  
Mailing Address Line 3  
Mailing Address Line 4  
Mailing Address Line 5

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