



Mayfield
Nordic Ski Team
Frostbite 5K
Run/Walk

Date: Saturday, November 21, 2015

Race Begins at 10:00am

Location: Mayfield High School

Meet in gym lobby after race for awards

\$15.00 students, \$20.00 adults before 11/19/15
or \$25.00 day of race

Prizes: Overall male and female winner, 1st-3rd 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) _____