



The Taconic Road Runners
Present
The Freezer Fives



Race #1 • Sunday, February 7, 2010 • 10 AM • 5K
Race #2 • Sunday, February 21, 2010 • 10 AM • 5 Miles
FDR State Park, Yorktown Heights, NY

Registration: Must be postmarked by January 29th(Race #1) and February 12th (Race #2)

Pre Race: \$12.00 per race (\$10.00 for TRRC members)

Day of race registration: \$15.00; Family maximum \$25.00

All entry fees are non-refundable

Online registration available at www.runner.org and www.active.com

Long sleeve T-Shirt to first 175 entrants of 5K race
Short sleeve T-Shirt to first 100 entrants of 5 Mile race

Awards: Top 3 overall Male and Female finishers and top 3 in each 10 year age category

Race Director: Joe Porcaro (845) 526-3524

Directions: From North or South: Taconic State Parkway to FDR State Park exit, park in Lot #1

Freezer Five Races 2010 Circle Race 5K 5 Mile Both (do not fill in) Bib No. _____

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 agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Taconic Road Runners Club, FDR Park and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race and I will abide this guideline.

Name _____ Date of Birth ___/___/___ Age Race Day _____

Street address (no PO Box) _____ City _____ State _____ Zip _____

Email address _____ Sex: Male _____ Female _____

Telephone # and name of Person to Contact in Case of Emergency:

Name: _____ Phone: _____

SIGNATURE _____

(Parent's signature if under 18)

Make check payable to TRRC, PO Box 711, Shrub Oak, NY 10588

Optional Membership in TRCC ___Family (\$30) ___Individual (\$20) ___Student (\$10)

Taconic Road Runners Club, PO Box 711, Shrub Oak, NY 10588

<http://www.runner.org>