



# The Taconic Road Runners Present The Freezer Fives



Race #1 • Sunday, February 5, 2012 • 10 AM • 5K  
Race #2 • Sunday, February 19, 2012 • 10 AM • 5 Miles  
FDR State Park, Yorktown Heights, NY

Registration: Must be postmarked by January 27th(Race #1) and February 10<sup>th</sup> (Race #2)

Pre Race: \$18.00 per race (\$12.00 for TRRC members)

Day of race registration: \$20.00; Family maximum \$30.00 up to four persons

All entry fees are non-refundable

Online registration available at [www.runner.org](http://www.runner.org)

Long sleeve Tech –Shirt to first 250 entrants of 5K race

Short sleeve Tech-Shirt to first 150 entrants of 5 Mile race

Awards: Top 3 overall Male and Female finishers and 14 and under, 15-19, 20-29, 30-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and above.

Race Director: Joe Porcaro (845) 526-3524

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

(race director use only)

**CIRCLE RACE: 5K / 5 MILER / BOTH**

\_\_\_\_\_  
*Last Name*

\_\_\_\_\_  
*First Name*

\_\_\_\_\_  
*Address*

\_\_\_\_\_  
*Zip (important!)*

*MALE*  
(circle one)

*FEMALE*

\_\_\_\_\_  
*Date of Birth*

\_\_\_\_\_  
*Age*

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.

X  
\_\_\_\_\_  
*Signature (Parent or guardian if under 18)*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Emergency Contact*

\_\_\_\_\_  
*Phone Number*

Make check payable to Taconic Road Runners Club, PO Box 711, Shrub Oak, NY 10588  
**OR REGISTER ONLINE AT [RUNNER.ORG/FREEZER5](http://RUNNER.ORG/FREEZER5)**