Frosty 5K and Reindeer Run

Hosted by: The Jeff Rouse Swim and Sport Center, Embrey Mill and Stafford Tourism

December 14, 2019 Reindeer Run — 10:00am 5K— 10:30am

Location: Race start/finish at Rouse Center

1600 Mine Road, Stafford, VA 22554

Fees: Frosty 5K—$25

After 11/30—$30, Race Day— $35

Monster Mile —$15

After 11/30—$20, Race Day—$22

Course: Keyhole course on paved roads and some gradual hills, one large hill, through Embrey Mill Community

Timing: Electronic chip timing and scoring by RTU

Packet Pick-Up: Jeff Rouse Swim and Sport Center

12/12 5-7pm, 12/13 5-7pm, 12/14 8-10am

5K Awards: Top (3) men & women overall will receive cash prizes. Awards will be given to the top (3) finishers in each of the following age groups: 14 & under, 15–19, 20-29, 30–39, 40–49, 50–59, 60 & over

Reindeer Run Awards: Top (3) Boys & Girls in age groups 6 & under, 7–8, 9–10, and 11–12 receive prizes.

Race Restrictions: Strollers are permitted on the course, but must start in the back. Pets, headphones, skates, skateboards, bikes, scooters, or rollerblades are not permitted on the race course.

Registration: Mail or drop off entries: Jeff Rouse Swim and Sport Center, 1600 Mine Road, Stafford, VA 22554

Make checks payable to Jeff Rouse Swim & Sport Center

Do NOT mail entries after November 30th.

Date of Birth (mm-dd-yy) Age M/F E-Mail Address

Last Name Phone

First Name

Address

City State Zip

Shirt Size: (Circle One): T-Shirts not guaranteed after November 30th.

S M L XL XXL / YS YM YL

Race Choice: (Circle One) **Frosty 5K** **Reindeer Run**

WAIVER: I understand that running is a potentially hazardous activity. I should not enter or run this event 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 race including, but not limited to, falls, contact with other participants, the effects of weather, including heat and/or humidity, the conditions of the road and traffic on the course, all such risk being known and appreciated by me. All fees are nonrefundable and non-transferable. Race will take place rain or shine, with the exception of extreme weather conditions or other unforeseen conditions that deem the race unsafe for participants and staff. All fees are nonrefundable. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the event, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. PHOTO WAIVER: The Participant waives any right that the Participant may have to inspect or approve the Images or finished version(s) incorporating images, including written copy that may be used in connection therewith. Participant agrees that Newland and JRSSC exclusively own the copyright in these Images and Participant hereby waive any claims the Participant may have based on any usage of the Images or derived therefrom, including but not limited to claims for invasion of privacy, libel or infringement of copyright or trademark. Additionally, I acknowledge and agree that participation is voluntary and that I will not receive any compensation of any type associated with the taking or publication of these Images in Newland or JRSSC marketing materials or other publications. I acknowledge that publication of said Images confers no rights of ownership or royalties. Nothing in this release shall be construed as obligating Newland & JRSSC to use these Images.

Signature: _____ Date: _____