

**Plains Frosty 5K -- Plains, Kansas
5K Run/Walk**

Date: Sunday, January 24, 2021
Time: 3:00pm. 5K -- Race day registration at 2pm

Entry Fee: \$20.00 per person
\$2 discount for SWFTR Members

Course: Loop course. Start and finish at Plains State Bank

Division: 5K

	<u>WOMEN</u>		<u>MEN</u>
(A)	19 – under	(G)	19 – under
(B)	20 - 29	(H)	20 - 29
(C)	30 - 39	(I)	30 - 39
(D)	40 - 49	(J)	40 - 49
(E)	50 – 59	(K)	50 – 59
(F)	60 – over	(L)	60 – 69
		(M)	70 – over

Award: Medal to top three (3) division winners.

Contact: tracieakes6@gmail.com or 620-391-0780 Traci Eakes

All Proceeds go to the Angel Tree!

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5K	Name: _____
	Address: _____

Circle choice(s)	Phone: _____
Sex: M F	
	I accept all and full responsibility for any injury or accident to myself resulting from participation in this or these events.
Age: _____	
Div: _____	Signature: _____
T-shirt size:	Parent's signature if participant is 18 and under:
S M L XL	_____
(Circle One)	(Parent or Guardian)

If there is a blizzard or spike of COVID cases please check for updates on SWFTR.com or SWFTR facebook for updates.