



# Tenth Anniversary FROSTY 5K

8:00 a.m. Saturday, 12/21/2019

Twin Lakes Park, Sarasota, FL

Overall, Youth, Master, Grandmaster, Sr. Grandmaster & Veteran Grandmaster Categories and 3-Deep Age Groups

[www.theFrosty5k.com](http://www.theFrosty5k.com)



Office Use

## Race Information

Registration Options		Shirt or Hat	Premium (both shirt & hat)
Advance Registration	thru 9/30/19	\$35	\$45
	10/1 to 12/16/19	\$40	\$50
Late Registration*	12/17 thru Race a.m. (if available)	\$45	\$55
Local Running & Tri Club Mbrs	\$5 off Advance Registration		
Youth (18 & under)	thru 9/30/19	\$25	\$35
	10/1 to 12/16/19*	\$30	\$40

### Race Amenities Include:

- Frosty 5K Medal for all Finishers
- Choose Tech Shirt or Running Hat or Both (Register by 11/14/19 to ensure you get your shirt size)
- Get Your Frosty On! Prizes for the Best and Most Creatively Interpreted Frosty Costumes
- Post-Race featuring great food, snow zone, & DJ

**\*Frosty 5K Limited to 800**

**Walkers are welcome for the Frosty 5K**

Club Name \_\_\_\_\_

\*Registration will close upon reaching capacity & Late Registration may not be available  
 Mail-in registration must be postmarked by 12/07/2019; if registration fills and mail is postmarked after registration closes, you will be notified & registration will not be processed  
 On-line registration closes when capacity is reached but no later than midnight EST 12/16/2019  
 Fees are not refundable Transfer policy info available at [www.theFrosty5K.com](http://www.theFrosty5K.com)

Register on-line at [RunSignUp](http://RunSignUp) or make check payable & mail to:  
**The Active Suncoast Foundation Attn: Frosty 5K**  
**P.O. Box 50651, Sarasota, FL 34232-0303**

THE ACTIVE SUNCOAST FOUNDATION, INC IS A REGISTERED FLORIDA CHARITABLE ORGANIZATION, REGISTRATION #CH36140. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE 1-800-HELP-FLA OR ONLINE AT [www.FloridaConsumerHelp.com](http://www.FloridaConsumerHelp.com) REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE.

## Runner Information

Name: \_\_\_\_\_ Gender: **M** **F**  
(circle one)

Date of Birth: Mo: \_\_\_\_\_ Day: \_\_\_\_\_ Year: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

\*E-mail: \_\_\_\_\_  
 \*Valid e-mail must be provided to receive entry confirmation, results, and updates from Active Suncoast

Address: \_\_\_\_\_  
Street Address Apartment/Unit #

City \_\_\_\_\_ State \_\_\_\_\_ Country (if not USA) \_\_\_\_\_ Zip Code \_\_\_\_\_

Primary Phone: ( \_\_\_\_\_ ) \*\*Mobile Phone: ( \_\_\_\_\_ )

Emerg. Contact Name: \_\_\_\_\_ Emerg. Contact Phone: ( \_\_\_\_\_ )

Registration Option	Circle Shirt Size If Included For Your Registration Option				
<input type="checkbox"/> <b>Shirt Only</b>	Men's/Unisex				
	S	M	L	XL	2XL
<input type="checkbox"/> <b>Premium Hat &amp; Shirt</b>	Women's				
	XS	S	M	L	XL
<input type="checkbox"/> <b>Hat Only</b>	Youth M L				

\*\*Check this block to opt-in to receive text notifications of an urgent nature from race organizers. We will NOT send spam or marketing texts.

## Waiver & Signature

Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement ("Agreement") For and in consideration of The Active Suncoast Foundation, Inc allowing me, the undersigned, to participate in the Frosty 5K and its pre- and post-race activities (the "Event"), I hereby agree to and make the following contractual representations pursuant to this Agreement: I hereby represent that I am at least eighteen (18) years of age and have full legal authority to complete this event registration on behalf of myself and/or any other party I am registering (the "Registered Parties"). If I am registering a child under the age of 18 or an incapacitated adult, I represent and warrant that I am the parent or legal guardian of that party and have the legal authority to enter into this Agreement on their behalf and by proceeding with this event registration and participation in the event, agree that the terms of this Agreement shall apply equally to all Registered Parties. I represent and warrant that I am in good health; I am in proper physical condition to participate in the Event and I have not been advised otherwise by a medical practitioner. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event, that I am responsible for my own safety and well-being at all times and under all circumstances while at the Event site. I acknowledge that participating in the Event and/or its related activities involves an above-average risk of personal injury and dangers which include, without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life; loss or damage to equipment/property; exposure to extreme conditions and circumstances; contact with other participants, spectators, volunteers, animals or other natural or man-made objects; dangers arising from adverse weather conditions; imperfect course conditions; land, water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that if I chose to use headphones or other audio devices, I assume all risks associated with their usage. I acknowledge animals (except service animals in performance of their duties) are not permitted on the race course. I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of other participating in the Event, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in the Event. I, on behalf of myself, my personal representatives, heirs and assigns, hereby fully and forever Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: The Active Suncoast Foundation, Inc; Marine Corps League Gulf Coast Det #643; Sarasota County; Sponsors; Advertisers; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers and assigns, and all municipal agencies whose property and/or personnel are used (Individually and Collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damages(s), loss or expense (including court costs, defense costs and reasonable attorney fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Event, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which may be incurred as the result of such claim. I hereby grant permission for Released Parties to use of my name, biography and likeness in connection with the Event, and also any publicity, advertising and promotion for the Event and future editions of the Event. Having read this Agreement, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it, acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statement or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions. If, after reading the Agreement, I do not consent to be bound by the Agreement's terms, I further agree that I will not participate in the Event.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent or Guardian Signature (Required if Registrant under 18) \_\_\_\_\_ Date \_\_\_\_\_