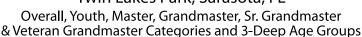


Ninth Annual FROSTY 5K 8:00 a.m. Saturday, 12/15/2018

Twin Lakes Park, Sarasota, FL







www.theFrosty5k.com

Registratio	n Options	Shirt <i>or</i> Hat	Premium (both shirt & hat)
Advance	thru 10/31/18	\$35	\$45
Registration	11/1 to 12/10/18*	\$40	\$50
Local Running & Tri Club Mbrs	thru 10/31/18 (10/31 to 12/10, use Ac	\$30 Ivance Registi	\$40 ration fee schedule)
Late Registration*	12/11 to Race a.m. *(if available)	\$45	['] \$55
Youth	thru 10/31/18	\$25	\$35
(18 & under)	11/1 to 12/10/18*	\$30	\$40

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

Race Amenities Include:

- Frosty 5K Medal for all Finishers
- Choose Tech Shirt or Running Hat or Both (Register by 11/09/18 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

*Registration will close upon reaching capacity & Late Registration may not be available
Mail-in registration must be postmarked by 12/7/2018; 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 12/10/2018
Fees are not refundable
Transfer policy info available at www.theFrosty5K.com

THE ACTIVE SUNCOAST FOUNDATION, INC IS A REGISTERED FLORIDA CHARITABLE ORGANIZATION, REGISTRATION NUMBER CH36140. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE.

Club Name

Race Information

				Runner	Information						
Name: _	First	•	M.I.		Last		Gender: (circle one)	M	F		
Date of Birth:		Day:	Year:		e on Day:	Registration Option	Circle Shirt S Your Regi	ize If Includ stration Op			
*E-mail						Shirt Only	Men's/Unise. S M L		2XL		
*Valid e-mail must be provided to receive entry confirmation, results, and updates from Active Suncoast Premium Hat & Shirt							Women's S M L	XL	2XL		
71447 € 55.		et Address			Apartment/Unit #	Hat Only	Youth M	L			
Primary Phone:)	State	Country (if not USA) **Mobile Phone:	Zip Code	-	**Please check th like to receive a te if there is race nev time critical natur spam or marketin	is block if y xt from rac vs or upda e. We will a texts	vou would se organizers te of an urge NOT send		
Emerg. (Contact I	Name:			_ Emerg. Contact	Phone: ()		,			
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 or many other party I am registering on 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 nor 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 salely measures, participants of varying skill levels; situations beyond the immediate control of the Event Organizers, and other undefined, not readily foreseable and presently unknown risks and dangers ("Risks"). I understand that if I chose to use headph