

1st Annual Frosty Frenzy 5K Fun Run/Walk

West Branch Parks and Recreation

Saturday December 5th

4:00 pm

Race Packet Pickup: Friday December 4th from 5-8 at West Branch City Office or Saturday at 3:00 in front of the Fire Station.

Fee: \$15 Youth (17 and under) \$20 Adult or \$40 immediate family.

Awards/Prizes: Trophies for 1st place in the following categories: Adult Male, Male 13-17, Male Under 12U, Adult Female, Female 13-17, Female 12U, Most Creative Adult Costume, Most Creative Youth Costume, Most Creative Group Costume, Most Creative Youth Group Costume, and Most Jingle Bells.

Registration forms/fees must be postmarked by **November 18th**. **If registration is received after November 18th you will not be guaranteed a T-shirt.** Please send registration and form to:

West Branch Parks and Recreation
P.O. Box 218
West Branch, IA 52358

Questions? Please contact Melissa Russell at 643-4212 or by email at recdirector@westbranchiowa.org.



Adult Name: _____ Home/Cell Phone: _____

Adult Name: _____ Home/Cell Phone: _____

Children's names and ages: _____

Shirt Size (Write how many of each size you need) Youth: Small _____ Medium _____ Large _____

Adult: Small _____ Medium _____ Large _____ XL _____ XXL _____

Participant's statement

By signing this agreement, I the participant, parent, and/or guardian understand that participation in this activity may result in some type of injury and protective equipment does not prevent all injuries to participants. I hereby give permission for my child, ward, or myself to participate in the below registered program and/or activity and certify that my child (or myself) is physically fit to join in the activities. I hereby waive, release, and agree not to hold the City of West Branch Parks and Recreation Department sponsors, supervisors, and volunteers liable for any injuries that may occur as a result of participation in these activities. I also give my permission for any photos/videos, etc. of these participants taken during a program to be used for future departmental promotional materials.

Please take note and govern yourself accordingly.

THE WEST BRANCH PARKS AND RECREATION DEPARTMENT AND THE CITY WEST BRANCH HAVE NO ACCIDENT INSURANCE TO PROTECT THE PARTICIPANTS.

Adult/Parent/Guardian Signatures: _____

Adult/Parent /Guardian Print Names: _____

Email (print neatly): _____

Total Amount Enclosed: \$ _____