

RACE FEATURES

- Well marked accurate courses
- Each mile marked
- Unique T-shirt design
- Post race juice and lunch
- Quick on site results

*Race proceeds help support the
Fremont Boy's Cross Country Team*

RACE SPONSORS



Gerber®

*Powergraphics
and Silk Screening*

Kauffman Construction Inc.

Somers Painting

Tru-Fit Birkenstock

Dewey Builders



The Frostbite
5911 S. LANDING LANE
FREMONT, MI 49412



Saturday, February 6, 2010

10:00 a.m.

Fremont High School

RACE SPONSORS



Gerber®

*Powergraphics
and Silk Screening*

KAUFFMAN

CONSTRUCTION

SOMERS PAINTING

TRU-FIT BIRKENSTOCK

DEWEY BUILDERS

THE RACES

The race originated in 1979 as part of the Fremont Winterfest Celebration. It is the only event from the Winterfest Celebration that continues today. The races will start from different locations at the same time and will have a common finish line.

FACILITIES

The headquarters is the lobby area of the Fremont High School Multi-Purpose Area. The high school complex is two blocks east of the downtown traffic light. The start and finish of both races will be 4-5 blocks from the vicinity of the high school.

ENTRY FEE

The entry fee for either race is \$20 per runner. The late registration fee is \$25 per runner. On-site registration will be available from 8:15-9:45 a.m. on race day in the lobby area.

Race shirts guaranteed to all entries received by January 29, 2009.

AGE DIVISIONS

Male and Female Divisions

10 and under		
11-15	35-39	55-59
15-19	40-44	60-64
20-29	45-49	65-69
30-34	50-54	70 & up

THE COURSE

5K

The 5K winds through the town of Fremont on a midly rolling course.

10K

The 10K follows the 5K route for the first 1.5 miles, then heads out of town. Leaving town the course becomes hilly and the athletes will run 3/4 of a mile on a dirt road.

Both races start about 4 blocks Northeast of the high school and finish about 2 blocks North of the high school.

Course maps will be provided at race registration.

FRIDAY NIGHT PACKET PICKUP

Pick up your packet for the ***Frostbite 5K Run/Walk and 10K Run***. Stay for pizza and the first screening of the most exciting running movie this year, Running the Sahara!

***Friday, February 5, 2010 - 6:30 p.m.
Tamarac Possibilities Room***

Questions:

Contact **Cliff Somers** (231) 924-6045 or **Roger Bradshaw** (231) 924-6874

Results at <http://www.theracedirector.com> or <http://www.fremontxc.com/>.

ENTRIES MUST BE RECEIVED BY FEBRUARY 1, 2010, TO AVOID LATE REGISTRATION FEE

REGISTRATION FORM

PLEASE PRINT IN INK OR TYPE. MAKE CHECKS PAYABLE TO: FREMONT CROSS COUNTRY.

MAIL TO: **CLIFF SOMERS**, 5911 S. Landing Ln., FREMONT, MI 49412

LAST NAME: _____ FIRST NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ E-MAIL: _____

DATE OF BIRTH: _____ AGE ON RACE DAY: _____

SEX: MALE FEMALE RACE: 5K RUN

5K WALK 10K RUN

T-SHIRT S M L XL

To be signed by the athlete and/or parent-guardian of athletes under 18: I hereby release the sponsors and officials of the Fremont Frostbite to be held on February 6, 2010 from all damages or injuries incurred during or arising out of my participation in this event. I also certify that I am in sufficient physical condition to participate in this event. Race management reserves the right to cancel the race due to conditions they consider unsafe. In the case of cancellation there will be no refund.
Signature: _____