

Fun & Frigid

5K Run

2 Mile Walk

Saturday

February 28

9:30 AM



Mankato Family YMCA

Join us for a fun non-competitive Saturday morning run or walk. Brave the cold with friends and family! Check in and warm up indoors in the YMCA red gym and stay afterwards for a warm beverage, hot tub, swim, workout or whatever!

Runners and walkers will receive a long sleeve shirt with our "Frigid Fun Run" mascot on it. Shirts will be guaranteed on run day for everyone registered by February 13th. Entrants after the cutoff are not guaranteed shirts on the day of run/walk. **Please sign up early to guarantee your shirt!**

Start and finish right at the Y. 2 mile walk goes south on bike path one mile and back. 5K run heads north on bike path, through Sibley Park and back to the Y. Times will be called out as you cross the finish line of the 5K Run. Individual times will not be kept.



Day of Run Registration Begins at 8:30 AM and Ends at 9:15 AM Sharp
All Runners/Walkers Meet In The YMCA Red Gym at 9:15 AM for Instructions

Fun Run/Walk Fees:	By February 13th	On/After February 14th
Adult (ages 13 or Older)	\$11.00	\$16.00
Child (ages 6-12)	\$6.00	\$11.00



We Build Strong Kids Strong Families Strong Communities

2009 Frigid Fun Run & Walk Registration

Select One: Adult Youth **Select One:** 5K Fun Run 2Mile Walk

Name _____ Phone _____ Birthdate ____ / ____ / ____

Address _____ City _____ Zip _____

Circle Shirt Size: Adult Sizes S M L XL XXL **Youth Sizes** S M L XL

Participation Waiver: Knowingly and at my own risk, I hereby apply to enter the Mankato Family YMCA Frigid Fun Run & Walk and hereby waive and release any and all claims for damages that I may incur as a result of my participation in the event against all sponsors and any employee, volunteer, official or elected official of these organizations for said injuries.

Signature _____

(If participant is under age 18, parent or guardian must sign)

_____ Date

Mail in or drop off registrations at the Mankato Family YMCA 1401 S. Riverfront Drive Mankato, MN 56001
For More Information contact Joy Leafblad at the YMCA 387-8255 or jleafblad@mankatoymca.com