



Big Brothers Big Sisters  
of Salina

# Frosty 5K & Merry Mile

November 20, 2010



## Event Information

**Date:** Saturday, November 20, 2010

**Course:** Start and End at Salina Running Company • 122 S. Santa Fe

Course Details

Frosty 5K - <http://www.mapmyrun.com/route/us/ks/salina/990128396342196030>

Merry Mile - <http://www.mapmyrun.com/route/detail/22701732/>

**Race Time:** Merry Mile / Frosty 5K - 9:00 A.M.

**On-Site Registration and Packet Pick Up:** 7:30 A.M. - 8:30 A.M. at Salina Running Company

**Early Packet Pick-Up:** Friday, November 19th at Salina Running Company

More Event  
Information on Back  
➔

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Cut and Return Filled Out



## Registration Form Information

Check the appropriate boxes to complete form.

Check or Cash accepted. Make checks payable to "Big Brothers Big Sisters of Salina".

Mail or return entry form and payment to:

Salina Running Company  
122 S. Santa Fe, Salina, KS 67401

More Information  
Required on Back of Form  
➔

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_

Race

On or Before  
November 12th

After  
November 12th

Frosty 5K      \_\_\_ M      \_\_\_ F      \$25.00      \$30.00

Merry Mile      \_\_\_ M      \_\_\_ F      \$15.00      \$20.00



**Awards:** 5K - Trophy's will be given to the top three in each age group as well as the over winners. Merry Mile Run/Walk participants will receive ribbon.  
*Age Groups - 19 and under, 20-24, 25-29, 30-34, 35-39, 40-49, 50-59, 60 +*



**Entry Fees:** Frosty 5K - \$25 pre-registered; \$30 after November 12th  
 Merry Mile - \$15 pre-registered; \$25 after November 12th  
 All participants will receive a long sleeve t-shirt and goodie bag.  
 \*\* The first 200 participants will also receive a water bottle!



**Payment:** Check or Cash accepted. Make checks payable to "Big Brothers Big Sisters of Salina".

Mail or return entry form and payment to:  
 Salina Running Company  
 122 S. Santa Fe, Salina, KS 67401



Additional entry forms can be found at [www.salinarunningco.com](http://www.salinarunningco.com) and [www.bbbssalina.org](http://www.bbbssalina.org)

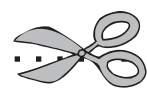
Race will run regardless of weather unless there is lightning. *(No Refunds)*

The **Frosty 5K and Merry Mile** will start and finish this year right in Downtown Salina. The race features a beautiful course, winding down Santa Fe Ave in the heart of Salina's exclusive shopping, dining, and entertainment district.

The Frosty 5K will be timed by Salina Running Company and awards will be given for the overall and age group winners, and of course hot chocolate and cookies for all participants at both the start and the finish. So get registered for the November 20th run and start enjoying outdoor winter sports.

**Race Sponsors:**

Salina Running Company • Salina Downtown Inc.  
 Humphry's Gym • Lowe's  
 Salina Regional Health Center



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**Long Sleeve T-Shirt Size**

- Adult Small
- Adult Medium
- Adult Large
- Adult X-Large
- Adult XX-Large
- Youth Small
- Youth Medium
- Youth Large

*\* T-SHIRT NOT GUARANTEED IF ENTRY FORM IS RECEIVED AFTER NOVEMBER 12TH*

**Payment**

- Cash
- Check



**Health and Participant Form**

I agree to hold Salina Running Company, Salina Downtown Inc., Big Brothers Big Sisters as well as any event sponsor harmless as to any claim for damages for any accident or injury of any kind resulting from my participation in this race. I also give medical personnel permission to treat my injuries if I am unable to make the decision for myself.



\_\_\_\_\_  
*Signature (or guardian's signature if under age 18)*