



Join us in downtown Niles on January 21st at 9:00 AM for a run in the snow (maybe). Your run, or brisk walk, will take you along the St. Joseph River. The run will be followed with warm chili and a age group awards presentation inside Massimo’s Pizzeria. Maps and additional information is available at www.nilesF5k.com

Pre-registrants will be able to pick up their packet starting on Friday (1/20/17) at Inertia Cycleworks. We'll allow “day of” registration until 8:30AM on raceday (1/21/17).

**The Early Bird Pricing is \$25 or \$20 without a shirt.
After 12/31/16 the price increases to \$30 or \$25 without a shirt.
Make checks payable to: Runup Events
211 E. Main Street
Niles, MI 49120**

Past racers tell us we have great shirts, if you want one, register early. Registrations must be received by January 1st, 2017 to be guaranteed a Frigid Five (k) T-Shirt. No reorders.

Please email questions to: chris@inertiacycleworks.com

TEAR HERE – PUT THE UPPER 1/2 ON YOUR FRIDGE FOR REFERENCE



Name: _____

Email: _____

Sex: Circle One Female / Male Event Type: Circle One Run / Walk Age on RACE DAY: _____

T-Shirt Size: Circle One WXS / WS / WM / WL / WXL / S / M / L / XL / XXL (Add \$3) / NO SHIRT

Waiver: I acknowledge that a foot race is a test of a person’s physical and mental limits and carries with it the potential for death, serious injury, and property loss. I HEREBY ASSUME THE RISKS OF PARTICIPATING IN THIS RACE. I certify that I am physically fit, have sufficiently trained for participation in this event(s), and have not been advised against participation by a qualified health professional. This is not a closed course, roads are open to traffic.

Signature of participant (or legal guardian if under 18)

Date