



FREEZE YOUR BUNS OFF

5K run/walk

Fun Dash

NAME _____

ADDRESS _____

CITY _____ STATE ____ ZIP _____

PHONE _____

M/F _____ AGE DECEMBER 4 _____

EMAIL _____

SHIRT SIZE (circle one)

Adult: XS S M L XL XXL

Send Completed Entry Forms to:
Town of Spencer
Winterfest Freeze Your Buns Run
PO Box 45
Spencer, NC 28159-0045

Race Waiver: I, individual, (and/or as parent, and/or guardian of the named minor) for and in consideration of acceptance of this entry in the aforementioned event, do hereby release, remise, waive, and forever discharge Spencer Partnership, Rowan Runners, the Town of Spencer and any and all other supporting groups of this said racing event, together with all their officers, agents, officials and employees, from any and all liability, claims, demands, actions, or causes of action whatsoever arising out of, or relating to any injury, illness, loss, or damage, including death, relating to participation in the aforesaid event. I further state I am in proper physical condition to participate in this event. In addition, I agree that my participation in this event requires that I will not participate with roller blades, skateboards, or anything which the race director deems dangerous to myself or other participants and that the race director may remove me from this event for a violation of said policy. I further grant permission to this race and the organization conducting the race and/or agents authorized by them to use any photographs, videotapes, motion picture, recordings and any other record of this event for any purpose. I also agree that all entry fees are non-refundable and that this entry is non-transferable. Thank you for participating.

Signature (Parent/Guardian must sign if under 18)

Date



Town of Spencer
Winterfest Freeze Your Buns Run
PO Box 45
Spencer, NC 28159-0045



IN HONOR OF DAVID FREEZE!

**SATURDAY
DECEMBER 4, 2021
2:00 PM**





COURSE

AWARDS

5K
Top 3 Overall M/F
Top Masters M/F
Top 3 Each Age Division M/F

1/2 Mile Fun-Run
Top 3 Male and Female ages 12 and under.

AGE GROUPS

5K
12 & under, 13-15, 16-19, 20-29,
30-39, 40-49, 50-59, 60-69,
70 & over.

KIDS FUN DASH

12 & under

PRICE

5K prior to Dec. 4	\$25
Race Day	\$30
Kids Fun Dash	\$15

RACE SCHEDULE

Race Day Registration: 1:00 P.M.
Fun Dash : 1:30 P.M.
5k: 2:00 P.M.
Awards: Immediately following the race.

SHIRTS

5K participants will receive a long sleeve technical t-shirt

REGISTRATION

Mail in registration form to:

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Register on-line: runsignup.com

RACE LOCATION

414 S. Salisbury Ave.,
Spencer, NC

ADDITIONAL INFORMATION

Contact: Beth Nance
Email: bethmnance@gmail.com
Phone: 704.239.3729

www.salisburyrowanrunners.org



David Freeze has been the long-time president of the Salisbury Rowan Runners. He has completed more than 90,000 running miles, plus 24 marathons including multiples at Boston, New York City and Jacksonville. He has also done marathons in Detroit, Montreal and London. David was the five-time top masters runner in North Carolina per the Tar Heel Tour series of events. He regularly writes running and fitness related articles for the Salisbury Post and other publications. With his help, Salisbury achieved national status as a "Runner Friendly Community," one of about 50 communities across the country to receive this honor. Rowan County hosts about 25 races of varying distances annually, including the regionally recognized Winter Flight 8K/5K and fun run. Winter Flight is the oldest 8K and the fourth oldest race of any distance in North Carolina.