

Register today!

5K run/walk Fun Dash

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

M/F _____ AGE _____

EMAIL _____

SHIRT SIZE (circle one)

Adult: XS S M L XL XXL

Send Completed Entry Forms to:
Winterfest Freeze Your Buns Run
PO BOX 585
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 participation.

Signature (Parent/Guardian must sign if under 18)

Date



Spencer Partnerships
Winterfest Freeze Your Buns Run
PO Box 585
Spencer, NC 28159-0045



FREEZE YOUR BUNS RUN 5K

— RUN/WALK —

IN HONOR OF DAVID FREEZE

 **DECEMBER 2, 2023**
 **SATURDAY AT 1:00PM**

SPONSORED BY



FREEZE YOUR BUNS RUN 5K



DECEMBER 2, 2023



SATURDAY AT 1:00PM

Awards

5K

- * Top 3 Overall M/F
- * Top Masters M/F
- * Top 3 Each Age Division M/F

½ 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. 3	\$25
Race Day	\$30
Kids Fun Dash	\$15

Race Schedule

Race Day Registration: 11:30AM-12:50PM
Fun Dash: 12:30PM
5K: 1:00PM

Awards: Immediately following the race

Shirts

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

Registration

Mail in registration form to:

Winterfest Freeze Your Buns Run
PO Box 585
Spencer, NC 28159-0045

Register online:

runsignup.com

Race Location

460 S. Salisbury Ave.
Spencer, NC 28159

Additional Information

Contact: Terry Smith
Email: sfd96@aol.com
Phone: (704) 239-0205



Named in Honor of
David Freeze

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.



www.salisburyrowanrunners.org