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

WINTERFEST SPENCER A CHRISTMAS MARKETPLACE

# FREEZE YOUR BUNS RUN 5K

RUN/WALK

## In Honor of David Freeze

DECEMBER 5, 2026
SATURDAY AT 1:00PM

Sponsored by

SALISBURY ROWAN RUNNERS A PLACE FOR EVERY PACE

DUKE ENERGY®

# FREEZE YOUR BUNS RUN 5K

DECEMBER 5, 2026 | SATURDAY AT 1:00PM

## 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. 6 | $25 |
| Race Day | $30 |
| Kids Fun Dash | $15 |

## Jingle All the Way Costume Contest!

Lace up those running shoes and deck yourself out in your most festive holiday gear. From reindeer to elves, snowmen to Santa Claus-we want to see your most holly jolly outfits on the course!

Our panel of merry judges will award prizes to the top 3 most festive costumes. Judging will be based on creativity, holiday spirit, and overall Christmas cheer.

Winners announced during the post-race celebration on the Winterfest stage! All ages welcome to enter!

## Race Schedule

Race Day Registration: 11:30AM-12:50PM
Fun Dash: 12:30PM
5K: 1:00PM
Awards: 2:00PM on Main Stage

## 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

WINTERFEST SPENCER A CHRISTMAS MARKETPLACE

www.salisburyrowanrunners.org

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.