

12<sup>th</sup> Annual  
Firefighters' Frozen 5K  
&  
1 mile fun run  
Saturday December 13, 2014

Hosted by the  
McKinley Heights Mutual Benefit Association  
[www.mmba40.com](http://www.mmba40.com)

- Time:** Registration begins at 7:30 AM  
1 mile fun run starts at 9:00 AM  
5K run starts at 9:30 AM
- Course & Location:** Located at the Fire Station off of US 422 and Tibbetts Wick Rd. in Niles, Ohio Both Races begin and end at the Weathersfield Fire Dept. 2229 Gardenland Ave Niles, Ohio 44446. Mile splits and a water stop at the halfway mark will be available during the 5K run.
- Registration fees:** Preregistration is \$14.00 (if received before December 6<sup>th</sup>) Runners can register on race day beginning at 7:30 AM for a \$16.00 fee. Only those who are pre-registered are guaranteed to receive a long sleeve t-shirt.
- Parking:** Parking will be available in the fire station lot, once that lot is full additional parking will be in the Pine Tree Plaza lot across from the fire station. **Please do not park in the Walgreens lot or the restaurants' lot.**
- Awards:** Awards will be given to the top three overall male and female finishers. Awards will also be presented to the top three finishers in each of the following age groups.
- Men- under 14, 14 - 17, 18 - 24, 25 - 30, 31 - 36, 37 - 42, 43 - 48, 49 - 54, 55 - 59, 60 - 65, 66+
- Women- under 14, 14 - 17, 18 - 24, 25 - 30, 31 - 36, 37 - 42, 43 - 48, 49 - 54, 55 - 59, 60+

*\*The top 2 firefighters will receive a special award*

-----Please Print-----

In consideration of the acceptance of this entry, I waiver and release, for myself, my heirs, and my assigns, any and all rights and claims for injury and damage which I might have against the Township of Weathersfield, MMBA and all sponsors as the result of any and all injuries which I might receive during this contest. I hereby attest and certify that I am physically fit and have trained for this run.

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Adult Shirt Size (circle): S M L XL XXL

Event (circle): 5k or Mile fun run (Firefighter) Department \_\_\_\_\_

\*\*Signature is **Signature** (parents' signature if under 18): \_\_\_\_\_

required on all forms. If you are under 18 then you need a parents' signature

**I would love to order a hoodie for an additional \$20. SIZE: S M L XL (XXL \$21)**

\*\*Hoodies are only available for sale before December 6<sup>th</sup>.

Make checks payable to: MMBA

Send to: Firefighters' Frozen Five; 2229 Gardenland Ave; Niles, Ohio 44446