

Shiver by the River 2012

Betsie Bay Frozen 5K

Elberta-Frankfort, MI

- Saturday, February 18th, 9am
- Snow or Shine!
- 5K - Run or Walk!
- Prizes for Top Finishers!
- Finishing Medals and T-shirts!
- Registration 7:30am-8:30am
Frankfort American Legion
206 Main St
Frankfort, MI 49635
- \$10 Race Fee (includes finishing medal!)
- Pre-Register by Feb. 1st to guarantee a t-shirt!



The Betsie Bay Frozen 5K is the newest addition to the events of Frankfort-Elberta's Shiver by the River events. The course starts at the top of Elberta's beautiful lookout of Lake Michigan, and continues down the hill through Elberta, around the bend, along Betsie Bay and the scenic M-22, heading into Frankfort at Main St., with a finish at the other end of downtown in front of the American Legion Post.

Please fill out the registration form below and return to Frankfort-Elberta Chamber of Commerce Attn: Frozen 5k, P.O. Box 566, 517 Main Street, Frankfort, MI 49635. Registration by February 1st will guarantee a t-shirt. Please make race fee checks out to Frankfort-Elberta Chamber of Commerce, memo: "Frozen 5k". Cash and/or check will be the only method of payment allowed day of the race.

Race day registration and check-in will take place Saturday, February 18th, from 7:30am-8:30am at Frankfort's American Legion Post 221, at 206 Main St, Frankfort MI. Restrooms, Coffee, Doughnuts and heat will be available for runners during registration and also after the race during a short award ceremony. Bussing will be provided to the start line, following the 5k route (backwards of course).

For course information please contact Andy Micham 231.352.4014. For more race registration information please contact Randi at RandiStoltz@gmail.com.

Name (First & Last) _____ Age _____ DOB _____ Sex _____

Street _____

City _____ State _____ Zip _____ Phone _____

T-shirt Size (Adult Sizes ONLY) _____ Email Address _____

Waiver of Liability and Statement of Fitness: In consideration of my entry, I hereby for myself, heirs, executors and assigns, waive any and all claims against the Frankfort-Elberta Chamber of Commerce, the City of Frankfort, Village of Elberta and all officials and volunteers in this race for any injury or illness which may directly or indirectly result from my participation. I further state that I am in proper physical condition to participate in this event. I hereby grant permission for the free use of my name and photos or any other record of my participation for publicity purposes.

Signature _____ Date _____

Parent or guardian signature (if under 18) _____