



2020 FREEZE YOUR BUNS 5K SERIES

Presented by the Gate City Striders

January 5, January 19, February 2, February 16 and March 1st
(All on Sunday, race at 9:00 a.m. & registration starts @ 8:00am)



Location	Conway Arena, 5 Stadium Drive, Nashua, NH 03062 (or 8 Riverside Street, Nashua, NH 03062 if use GPS)
Directions	Exit 5, Route 111 off Route 3/Everett Turnpike. Go west toward Pepperell for ½ mile, turn right on Riverside Street. Turn first left into parking area (use stadium/YMCA lot only, not Conway arena lot.)
Course:	3.1 Mile measured, flat, 3 loop course. Relatively traffic free, usually plowed and clear.
Entry Fee	Race Day: \$5 per race for age 18 and over, \$3 per race for age 17 and under. Full Series if registering on-line by January 4th 2020: (5 Races) \$20 for age 18 and over, \$12 for age 17 and under. (Non-Refundable)
Cancellation:	If a race is canceled due to weather, races will not be rescheduled and series will be scored on the number of races held.
Registration Fee	For the series (all 5 races), \$20.00 for age 18 and over, \$12.00 for age 17 and under. (No refunds)
Amenities	Flat, open, paved course, wonderful camaraderie, (mostly) accurate timing by GCS, mile markers, prizes for Series winners in each age group at series end. Hot beverages and light refreshments after the race for runners and volunteers!
Awards	Raffle prizes for runners & volunteers at the last race in the series, and age group awards will be given at the end of the Series to the top male & female point scorers in the following age groups: 10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79 & 80+ Note: Your age group for the series is determined by your age on January 5, 2020
Contact	www.gatecity.org Email: fyb.gcs@gmail.com

Please make check payable to Gate City Striders and mail your check with this form to:
Gate City Striders, Attn: FYB, PO Box 3692, Nashua, NH 03061.

FIRST NAME _____ LAST NAME _____

MALE/FEMALE (M/F) _____ AGE (on 01/05/20) _____ CLUB/TEAM AFFILIATION _____

STREET _____ CITY _____

STATE _____ ZIP _____ PHONE _____

EMAIL _____

I know that running a road race is stressful event and therefore is a potentially hazardous activity which may present runners with hazardous conditions. I know I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the event, including, but not limited to: falls, contact with other participants, the effects of the weather, including ice, snow, wind and cold, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Gate City Striders, the City of Nashua, Conway Arena, Road Runners Club of America, volunteers helping at the event, and all sponsors, their representatives and successors from all claim or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons or entities named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of the event for any legal purpose.

SIGNATURE _____ Date _____

PARENT/GUARDIAN _____ Date _____

If applicant is under 18 years of age, this form must be co-signed by a parent or guardian.