

MMBA Presents
7th Annual

Firefighters' Frozen 5K



&



1 mile fun run

WWW.MMBA40.COM

Saturday, December 12, 2009

Hosted by the
McKinley Heights Mutual Benefit Association

Time: 1 mile fun run starts at 9:00 AM
5K run starts at 9:30 AM
Registration begins at 7:30 AM

Course & Location: Located at the Fire Station off of Rt. 422 and Tibbetts Wick Rd. Both Races begin and end at the Weathersfield Fire Dept. 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 by December 3rd) Runners can register on race day beginning at 7:30 AM for a \$16.00 fee. The first 100 registrants receive a long t-shirt.

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.



	<u>Men</u>		<u>Women</u>
13 & under	37-42	13 & under	37-42
14-17	43-48	14-17	43-48
18-24	49-54	18-24	49-54
25-30	55-59	25-30	55-59
31-36	60-65	31-36	60 +
	66+		

****Top finishing Firefighter receives a special award***

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

In consideration of the acceptance of this entry, I waver 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 be received during this contest. I hereby attest and certify that I am physically fit and have sufficiently trained for this run.

Name: _____ Age: _____ Sex: _____

Address: _____ City: _____ State: _____

Zip: _____ Phone: _____ Adult Shirt Size (circle): S M L XL

Event (circle): 5k or Mile fun run

Signature (parents' signature if under 18): _____

(Firefighter) Department: _____

Make checks payable to: MMBA

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