



FROSTY 5K RUN/WALK

You are cordially invited to experience the beauty of Northern Michigan by joining the community in the 4th annual WinterFest 5K Run/Walk

What: WinterFest Frosty 5K Run/Walk

Where: Grand Traverse Resort and Spa

When: Sunday, February 14, 2010
Race day registration from 8:00am – 8:45am at The Clubhouse
Run/Walk begins at 9 am.

Entry Fee: Registration cost is \$10. Register by February 1st and you will be entered into a drawing for a Grand Traverse Resort & Spa over night stay with passes to our Indoor Water Playground!

Prizes: Overall 1st, 2nd and 3rd for males and females will be awarded in addition to the following:

Categories: Males : 14 & under; 14 to 19; 20 to 29; 30 to 39; 40 to 49; 50 to 59; 60 to 69; 70+
Females : 14 & under; 14 to 19; 20 to 29; 30 to 39; 40 to 49; 50 to 59; 60 to 69; 70+

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Registration forms can be delivered to the Health Club at Grand Traverse Resort and Spa, emailed to jbediker@gtresort.com or mailed to:

Grand Traverse Resort and Spa
Att: JC Bediker
100 Grand Traverse Village Blvd.
Acme, MI 49610-0101



Name: _____

Address: _____

City, State, Zip: _____

E-mail: _____

Gender: M F (circle one)

Age: _____ (as of February 14, 2010)

Waiver: In consideration of the acceptance of my entry, I for myself, my executors administrators and assigns do hereby release and discharge the organizations affiliated with this event, for any and all claims of injuries or damages incurred by me as a result of or in connection with this event. I attest that I have full knowledge of the risks involved in the event and that I am physically fit to participate.

Signature: _____ Parent signature if under 18: _____