



Registration for the Frosty 5K is available now!

Take advantage of the price before it increases on November 5th.

The holiday season is approaching us and there will be a lot of focus on celebrations and festivities. Sometimes focusing on good health can be a little bit of a challenge. In an effort to add a little fun to the challenge, we have partnered with the Parks and Recreation department to offer a reward to those who register and complete the Frosty 5K this year.

About the Frosty 5K:

The Parks and Recreation Dept. is hosting the annual Frosty 5K on Saturday, December 10th, 2016 starting at 8:30am. A portion of the proceeds from the race will be donated to S.O.A.R.-Scholarship Opportunities for Activities and Recreation. This scholarship program allows qualified Frisco residents to participate in recreation programs and special events.

Your Goal to Meet:

You do not have to be a 5K runner to participate. You can walk, jog, or skip the entire race. The time it takes you to complete this race does not matter for this challenge. You must wear your timing tag and race bib for the whole 5K to be eligible for the reward. Please be sure your racing bib is visible.

**Employees can choose to participate in the Merry Mile if they would like, but this is not part of the challenge.*

To complete the challenge, you must participate in the 5K portion of this race.



How to Join:

- You can find event details and register online at Friscofun.org.
- You can also register in-person at the Frisco Athletic Center (5828 Nancy Jane Lane). There are no online fee when registering using this method. Attached is the in-person registration form that you can fill out and turn in at the FAC. Please be sure to indicate that you are a City of Frisco employee when you register.

Team Registration:

There is a discount to those who register as a team! Gather a group of your co-workers and create a team. Invite your family and friends to join as well.

- For teams, it is best for everyone to use the same method of registration. A team representative can submit payment and registration forms at the FAC. You can also create a team online and have members sign up on their own under the same team name. This method does have online convenience fees.



Your Reward:

Any full-time benefits-eligible employee who registers and completes the Frosty 5K will receive a \$25 gift card. You will be contacted by HR to pick up your gift card.



New this year:

Employees can also earn up to 50 Points towards the 2016-2017 Wellness Program by participating in this 5K.

This would be considered a “Healthy Event” on the MyViverae portal. Once results have been posted, more instruction on how to report this event through the portal will be provided.

Race Incentives:

For registering for the race, the Recreation Department will give you a long sleeve race t-shirt when you pick up your race packet.

The first 1,500 runners who pick up their packets early will receive a Frosty 5K beanie.

At the end of the race, awards will be given for Largest Team, Best T-shirt/Costume, Most Creative Team Name, and Best Team Spirit!

There will also be awards for Best overall Male and female, Master’s Award for Male and Female 40 and over, and awards for the top three finishers in each age group.

**Please fill out the team award form in order to be in the running for the team awards. Instructions on how to submit can be found on the form.*



Race details are available at <http://www.friscofun.org/520/Parks-Recreation>. If you have questions regarding the race, please contact Kari Castro, the Special Events Supervisor at kcastro@friscotexas.gov.

Frosty 5K & Merry Mile

Saturday, December 10, 2016



	First Name	Last Name	Age	M/F	5K	Mile	Shirt Size*
1							
2							
3							
4							
5							
6							
7							
8							

*T-shirt Sizes: Please indicate Youth sizes with a "Y". Available sizes: Youth small, medium and large; Adult small, medium, large, extra large, 2XL, 3XL

Contact Information

Team Name:

Contact Name:

Address:

Phone Number:

Email Address:



**PARKS & RECREATION
DEPARTMENT**

How did you hear about the event?

- Frisco Athletic Center
- Race Brochure
- My School
- My Company
- Newspaper
- Word of Mouth
- Other _____
- FriscoFun.org
- Previous Participant

****Please turn over to sign release and medical authorization.****

NOTICE: With your signature below, you are signing the waiver for each participant you are registering.

RELEASE AND MEDICAL AUTHORIZATION

I, on behalf of myself or the individual being registered (the "registrant,") agree to allow the registrant to participate in the aforementioned activity(ies) and authorize the City employees, volunteers, program directors and/or instructors as Agents for the undersigned to consent to Medical, Surgical, and/or Dental examination and/or any and all other Treatments deemed necessary by medical personnel. I agree pictures taken during program hours may be used for any purpose.

In consideration of the City of Frisco ("the City") allowing the registrant to participate in the above activity(ies) and other good and valuable consideration, the receipt of which is acknowledged, I, on behalf of myself, the registrant (whether myself or someone else), any other minor child or legally incapacitated person for whom I can execute this document, my heirs, assigns and any other person or entity claiming to have legal rights by and through me, release and agree to defend, indemnify, and hold harmless, the City and its employees, from all claims of and/or liability for personal injury, property damage or wrongful death, including, but not limited to, claims or liability due to the negligence, contributory negligence and/or strict products liability of the City and/or its employees resulting from, relating to, or arising out of participation in and/or transportation to or from activity(ies) sponsored or provided by the City, or use of any City facilities.

This is not a waiver of the City's immunity. I warrant that I am authorized to sign this release. I agree to indemnify and defend the City of Frisco if I am not authorized to sign and legally bind the registrant or if the person named herein attempts to rescind this release. If any term of the release is deemed void or voidable, it shall not affect the enforceability of anything else in the release.

Print Name

Date

Signature



Team Award Registration

Teams who would like to be considered for one of our team awards need to complete and return this form BEFORE race day. Please choose from the following categories:

- Best Costume/T-shirt
- Most Creative Team Name
- Best Team Spirit

Contact Information:

Team Name:	Date:
On-site contact name:	
Address:	
Phone Number:	
Email Address:	

Forms may be submitted in person at the Frisco Athletic Center or emailed to KCastro@FriscoTexas.gov.