START: At intersection of 81st & Oak Park, 25' 10" south of stop sign at NW corner. 26' N of telephone pole at SW corner.

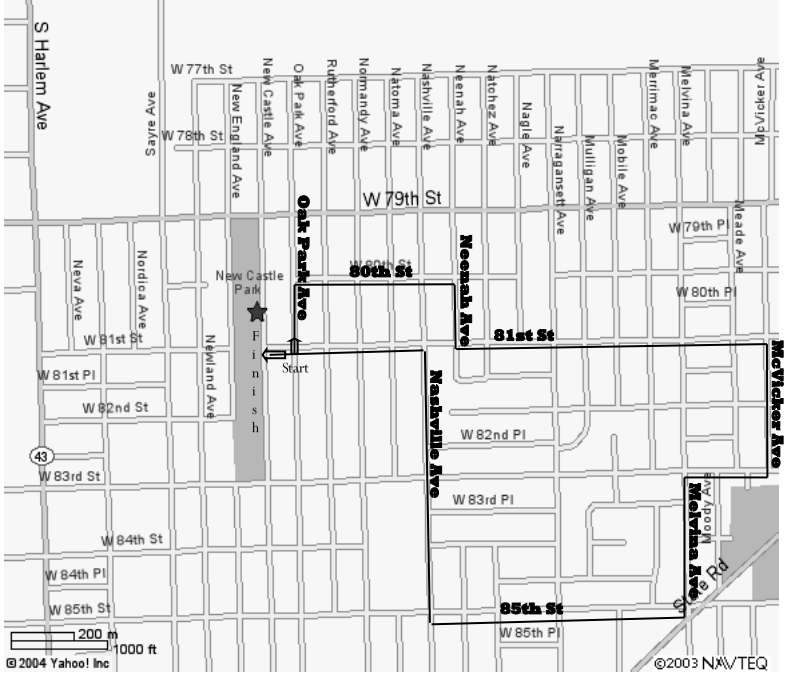
1 MILE: At sidewalk to 6145 - 81st and 6146 - 81st. 8' 8" E of snow route sign.

2 MILE: By school at middle of driveway. 6340 - 85th, 12' E of telephone pole F 60.S.P.P.

3 MILE: At driveway 6740 - 81st , 9' 6" east of the mailbox.

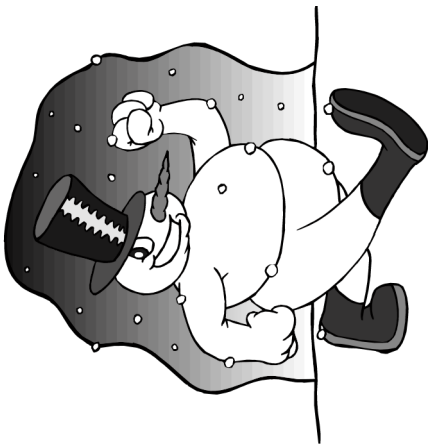
FINISH: At stop sign at S exit of Burbank Park District parking lot. 13' 4" W of west edge at Newcastle.

1 MILE WALK: Will begin at the starting line, reach the half mile mark and end at the finish line.



N

BURBANK PARK DISTRICT'S
FROSTY 5K RUN
1 MILE WALK



JANUARY 18, 2020
9:00 A.M. - START
NEWCASTLE PARK

THANKS TO OUR SPONSORS

CITY OF BURBANK
BURBANK SPORTS
OLIVE GARDEN ITALIAN RESTAURANT
MCDONALD'S - BURBANK
NICK'S BARBECUE
MABENKA RESTAURANT

Burbank Park District
8050 Newcastle Ave.
Burbank, Illinois 60459

Race Information

Date & Start Time
Date: Saturday, January 18, 2020
Time: 9:00 a.m. Start

Entry Fees
Walkers……$20.00 by January 11
$25.00 after January 11
Runners……$25.00 by January 11
$30.00 after January 11

Age Divisions
0 - 9, 10 - 14, 15 - 19, 20 - 29, 30 - 39, 40 - 49, 50 - 59, 60 - 69, 70 - 79, 80+

Course Location
8050 Newcastle Ave., Burbank
The race will begin at 81st & Oak Park Ave. (1 block east of the Newcastle Rec. Center) in Burbank and will end at the entrance to the Newcastle Rec. Center Parking Lot.

Registration
Register online with a credit card at www.burbankparkdistrict.org. Mail-in or walk-in registration will be accepted at both Burbank Park District offices, the Newcastle Rec. Center at 8050 S. Newcastle, Burbank or the Fusion RecPlex at 6100 W. 85th St., Burbank. Payment must be in the form of either cash or check. **Make checks payable to the Burbank Park District.**

Race Day Registration
We will take registration the day of the event from 7:30 - 8:45 a.m. at the Burbank Park District's office, located inside the Newcastle Rec. Center at 8050 Newcastle Ave. (4 blocks east of Harlem)

Race Information

Packet Pick-Up
Pre-registered runners and walkers may pick up their packet beginning January 16th. **Packets will only be available at the Newcastle Rec. Center location.**

USATF Certified
The Frosty 5K Run is USATF Certified. #IL-16101-NM

Awards & T-Shirts
Awards will be presented to the 1st and 2nd place male and female winners in each age category. In addition, the overall male and female winners will also receive awards. **A long-sleeved t-shirt will be given to all participants.**

Raffle
There will be a free raffle for all participants following the race/walk. Participants are entered in to the raffle automatically. Be sure to stick around, you must be present to win.

Refreshments
An assortment of beverages, fresh fruit and baked goods will be provided for your enjoyment by our generous sponsors.

Newcastle Registration Office Hours
Monday - Friday: 9:00 a.m. - 5:00 p.m.
Saturday: 9:00 a.m. - Noon

More Information
For more information concerning the run/walk or for directions to the race, please call (708)599-2070. Or visit us at www.burbankparkdistrict.org

Frosty 5K Run / 1 Mile Walk
Official Entry Form

*Mail or drop off entry form to:
Burbank Park District
8050 Newcastle Ave., Burbank, IL 60459

Age Categories
0 - 9_____ 10 - 14_____ 15 - 19_____
20 - 29_____ 30 - 39_____ 40 - 49_____
50 - 59_____ 60 - 69_____ 70 - 79 _____
80 & Over _____

Race (circle one) 5K run walk
Gender (circle one) male female

T-Shirt Size (circle one)
YL AS M L XL XXL

_____
Name

_____
Address

_____
City State Zip Code

_____ / / _____
Day Phone# DOB Age

_____
Email Address

Burbank Park District Waiver & Release Of All Claims

Please read this form carefully and be aware that in signing up and participating in this program, you will be waiving and releasing all claims for injuries, arising out of this program, that you might sustain.

"As a participant in the program, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, including death, damages or loss which I may sustain as a result of participating in any and all activities connected with or associated with such programs."
"I agree to waive and relinquish all claims I may have as a result or participating in the program against the Park District and its officers, agents, servants and employees."
"I do hereby fully release and discharge the Park District and its officers, agents, servants, and employees from any and all claims from injuries, including death, damage, or loss which I may have or which may accrue to me on account of my participation in the program."
"I further agree to indemnify and hold harmless and defend the Park District and its officers, agents, servants and employees from any and all losses sustained from injuries including, death, damages and losses sustained by me and arising out of, connected with, or in any way associated with the activities of the program."

I have read and full understand the above Program Details and Waiver and Release of All Claims.

_____
Signature Date