



The 29th Annual GRTC Freezeroo Series 2007-08

December 15 Saturday 10 a.m. Mendon Ponds Park 5k

Stewart Lodge, Mendon Ponds Park: Rt. 65 south to first park entrance, left on Canfield Rd., right on Douglas Rd. to beach parking lot. Host by GRTC.

January 1 Tuesday 10 a.m. New Year's Resolution 7.5 miles

Stewart Lodge, Mendon Ponds Park: Rt. 65 south to first park entrance, left on Canfield Rd., right on Douglas Rd. to beach parking lot. Host Pete Van Peursesem.

January 12 Saturday 10 a.m. Don Curran Memorial 5k

Camp Eastman Conference Center: Rt. 104 to Goodman St. Exit North to King's Hwy, left on Lakeshore Blvd, left at Camp Eastman. Host by Gold Rush/GRTC.

January 26 Saturday 10 a.m. The Hearnish 10k

Rand Lodge at Powder Mills Park; Rt. 96 South. Go right on Park Rd. Pass the fish Hatchery. Host by Oven Door runners/GRTC.

February 9 Saturday 10 a.m. Valentines Run 8 miles

Town of Greece DPW Bldg. 647 Long Pond Rd; 390 North, exit Latta Rd.west(left) onto Latta, North (right) onto Long Pond Rd. Host by Bagel Bunch/GRTC.

February 23 Saturday 10 a.m. Pizza Party Series Finale 10K

Churchville American Legion Hall 6444 Buffalo Rd. 490 west, exit Churchville / Rt. 36 north to Buffalo Rd. , right (east) to Legion Hall Series award after the race

Professional Timing
for day-of results

Door Prizes at every
race

Series Awards (TBD)

Great Post race food

A Special gift for all
series runners

Heated Shelter or
roaring fire at all races

**Co-directed by: Deb Wyspianski 764-0263 debest@rochester.rr.com / Hillary Cardin 746-3569
discohilly@aol.com / BillHearne 737-0014 whearne@rochester.rr.com**

Severe weather may force a race to be cancelled. If in doubt please call one of the above phone numbers.

Name (PLEASE PRINT): _____ Gender: Male Female

Street Address _____

City _____ State _____ ZIP _____ Phone _____

Email _____ Age on Jan 1,2008 ____ GRTC member? yes_ no_

I want to register for the following individual race(s): 1)___2)___ 3)___ 4)___ 5)___6)___

I want to register for the Freezeroo Series _____ Deadline for series registration is, Jan. 12, 2008

Fee per Race: \$8 GRTC members, \$12 non GRTC members

Series Fee: \$30 for GRTC members, \$40 non GRTC members

Checks payable to: GRTC

Mail to: Freezeroo, 104 Pennicott Dr. Penfield NY 14526

GRTC Membership: Individual \$20/year, Family\$30/year, Student \$15/year

I want to Join GRTC ____ Date of Birth_____

Enclosed: Race entry fee, plus GRTC membership (Optional) = Total enclosed \$_____

Waiver: I know that running a road race is a hazardous activity. I understand that I, or the person(s) I am responsible for, will be subjected to harsh weather including severe cold, snow, freezing rain, slippery surfaces and cars on the road. I certify that I or the person(s) for whom I am responsible, am of strong body and spirit and capable of the challenge of these events. Therefore, I for myself, or for the person I am responsible for, release the Greater Rochester Track Club, The Monroe County Parks, the individual Towns in which the events take place, event organizers and any other person involved with these events from any liability for damages that may be incurred upon myself or the person for whom I am responsible, as a result of my/his/her participation in these events. I understand that my entry fee is non-refundable. I understand that water is available, but not on the course. I understand that if I lose my timing chip, I will be responsible for a \$90 replacement fee.

Signature is required! Parent or guardian must sign if applicant is under 18 years of age _____ Date _____

Attention non-members:
Become a GRTC member and save on entry fees while enjoying the many benefits of membership like newsletters, race discounts, and discounts at local running establishments