



42nd New Year's Day Freezer Five Mile Road Race

9 AM REGISTRATION

11 AM RACE START

1
JAN



HOUGHTON SCHOOL
STERLING MA



freezerfive2023.racewire.com

ENTRY FEE

\$25.00 pre-registered runners | \$30.00 November 26 | \$35 for day-of registration
CMS Members 70+ and CMS Points Participants register for free via this form!

MAIL PRE-ENTRIES:

CMS/Freezer Five
P.O. Box 922
Worcester, MA 01613-0922

ONLINE REGISTRATION:



QUESTIONS?

Contact the Race Directors:
Kate Pietrovito (kpietrov@gmail.com)
Jay Morrissey (jamesmorrisey9@gmail.com)

SWAG

The (in)famous Freezer Five "RE(I)CYCLED" T-Shirts • gloves to the first 125 registered runners

AWARDS/PRIZES

Awards for 1st place male and female • Grand Prize Raffle for all Runners • medals for all finishers

I know that running a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, physical contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators including the potential the contraction of a communicable disease resulting from contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators. I assume all risks including: the effects of the weather; high heat and/or humidity; freezing cold temperatures; traffic and the conditions of the road including surrounding terrain. I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I assume all such risks being known, appreciated, and accepted by me.

I understand that bicycles, skateboards, baby joggers/strollers, roller skates or inline skates, animals, and personal music players are not allowed in the race, and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release, Freezer Five Mile Road Race, Central Mass Striders, The Town of Sterling, The Houghton Elementary School, Wachusett Regional School District, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. In addition, I acknowledge the contagious nature of COVID-19 and other communicable diseases and voluntarily assume the risk that I may be exposed to or infected by COVID-19 and/or other communicable diseases by participating in this event. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 in connection with my participation in this event and personally assume this risk.

I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purposes. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

NAME (PRINT) ----- DATE OF BIRTH ----- SEX M F

ADDRESS ----- STATE ----- ZIP -----

RUNNING CLUB (OPTIONAL) ----- PHONE ----- EMAIL -----

SIGNATURE (REQUIRED) ----- AGE -----

(PARENT SIGNATURE IF UNDER 18)

(RACE DAY)