

Event

Join the City of Marysville Parks and Recreation Department for the 7th annual "Frozen Nose 4 Miler" on January 24, 2009. This 4 mile race will begin at the City of Marysville Public Service Center and then travel along the Jim Simmons Trail and loop back for a finish at the Public Service Center. This event will be raced over a variety of surfaces. All proceeds from this race will benefit the Parkland Fund.

General Information

- **RACE DAY- JANUARY 24, 2009**
- **SNOW OR SHINE**
- **REGISTRATION: 11:00 am**
- **START TIME: Noon**

Online Registration: www.signmeup.com/63028

Contact Information

- For more information on the Frozen Nose 4 Miler, please call the City of Marysville Parks and Recreation at 937-642-0116 or e-mail sconley@marysvilleohio.org
- Visit www.marysvilleohio.org for registration forms

Awards

Top male and female overall finishers will receive a plaque and a Fiesta Grande Mexican Restaurant gift certificate, 2nd place overall male and female finishers will receive an award plus first and second place finishers in age categories by male and female. Plus a drawing of all participants for 1 Fiesta Grande Mexican Restaurant gift certificate.

Age Categories

13 & under, 14-17, 18-29, 30-39, 40- 49,
50- 59, 60 and over.

Event Check-In

City of Marysville Public Service Center
455 N Maple Street
Marysville, Ohio 43040
Beginning at 11:00 am

Directions

From Columbus or Dublin:

- Take SR 33/161 West . approx. 12 miles
- Exit on St Rt. 31 (Kenton)
- Turn left (South) on St Rt. 31.
- Go through the stop light
- Travel straight at left curve,
- The Public Service Center is ahead on the Right.
- Follow the signs

From Marion:

- Take Rt. 4 South
- Take SR 33 West, stay to the right.
- Exit on St Rt. 31 (Kenton)
- Turn left (South) on St Rt. 31.
- Go through the stop light
- Travel straight at left curve,
- The Public Service Center is ahead on the Right.
- Follow the signs

From Springfield area:

- Take Rt. 4 North to Marysville
- Take SR 33/Rt 4 East, Columbus
- Exit on St Rt. 31 (Kenton)
- Turn Right (South) on St Rt. 31.
- Go through the stop light
- Travel straight at left curve,
- The Public Service Center is ahead on the Right.
- Follow the signs.

Race Records

Dave Larson, Covington, OH 2007 20:39

Kristi Place, Marysville, OH 2006 24:44



Entry Form

Entry Fees: \$16 includes DeFeet custom logo
Running socks or a race event t-
Shirt (before 1/14/08)
\$20 Race Day Registration still
includes socks, if available.

Circle your size:

<u>DeFeet</u>	<u>MEN</u>	<u>WOMEN</u>
S	-	6 - 8
M	7 - 9	8.5 - 10.5
L	9.5 - 11	11 - 13
XL	12+	-

T-Shirt Size: ___ Adult ___ Youth S M L XL XXL

Mail entry form with payment (cash, check, or money order) to:

**Marysville Parks & Recreation Dept.
455 North Maple Street
Marysville, OH 43040**

Make Check to: Marysville Parks

Male _____ Female _____ Age _____ on race Day

Birth Date: _____ - _____ - _____ (mm-day-year)

Email _____

Name _____

Address _____

City/State/Zip _____

Phone _____

Waiver: I agree that by participating in this physical activity, or event, (the "Event") or use any Event facility/premises; I do so at my own risk. I understand that the running surface may be hazardous and slippery. I assume all risk of injury, illness, damage or loss to my property, or me including without limitation, any loss or theft of personal property. I consent to medical treatment in the event of injury, accident and/or illness during the Event. I agree on behalf of myself (and my personal representatives, heirs, executors, administrators, agents and assigns) to release and discharge City of Marysville, and any and all sponsors from any and all claims or causes of action (known or unknown) arising out of their negligence. I acknowledge that I have carefully read this Waiver and Release and fully understand that it is a release of liability. By my signature below, I am waiving any right that I may have to bring legal action to assert a claim against any and all Event sponsors for their negligence. All registrations are final and no refunds shall be given for any reason.

Signature _____ Date _____

If under 18, parent or guardian Signature _____

Frozen Nose 4-Miler



Marysville Parks & Recreation

January 24, 2009

Marysville, Ohio....
Just minutes from Columbus

