

CEDARS FROSTBITE



HALF-MARATHON

Saturday, February 2, 2019

**Part of the 40th Annual Tennessee State Park Running Tour
CEDARS OF LEBANON STATE PARK, LEBANON, TN**

Park Location On Hwy 231, between Lebanon and Murfreesboro. From Nashville Airport take I-40 East to Lebanon (18 miles), then Hwy 231 to Park entrance (5 miles). Park info 615-443-2769.

Race Info at FrostbiteRC.org

Start / Finish at the Assembly Hall, 1 mile from park entrance. Race starts at 11:00 AM CST.

Course is two out-backs, rolling hills, with a distance of 13.1 Miles. Water/Gatorade at 3, 7, and 10.

Map URL:

<https://www.runningahead.com/maps/b7dfd0b54fcf403fada9246b7e01ea00?unit=mi&map=roadmap>

Pre-register by using this entry form or online at **Reg2Run.com** for an additional \$2.

Race Day registration at the Assembly Hall from 9:00 to 10:45 AM.

Long Sleeve Technical Shirt with Running Tour Logo guaranteed to all pre-registered runners.

Awards Five-year age groups from 19 and under with 3 awards in each category to 80+.

Special awards to the Overall, Master (40), Grandmaster (50) and Senior Grandmaster (60) winners.

Race director: Lynda de Paulis (615-390-6977).

Information at Tomasdepaulis@att.net.

Entry Fee is \$22.00 with or \$10.00 without shirt,

Mail registration to: **Cedars Frostbite**

payable to FROSTBITE R.C. (Late and race day fee \$15.00 without shirt)

205 Woodland Court

Pre-registration deadline is January 25, 2019 (received).

Hermitage TN 37076

Cedars Frostbite Registration

Name _____

Address _____ City _____ Zip _____

Age (on race day) ____ DOB _____ Sex ____ T-shirt Size (circle) XS S M L XL 2XL No

E-mail: _____ Print your e-mail, results will be sent.

Entry fees are non-refundable. Awards and shirts will not be mailed.

Waiver of Liability By entering, I, for myself, my heirs, and executors, waive any and all claims for damages I may have against the Road Runners Club of America, the Tennessee Department of Environment and Conservation and the Frostbite Running Club. I also release the above named for all claims of damages, due to any personal injuries, property damage, or death sustained as a result of my traveling to and from my participation in said race. I attest that I am physically fit and have sufficiently trained for the competition in the 2019 Cedars Frostbite Half-Marathon. I hereby acknowledge I have read and fully understand my own ability.

Signature _____

Date _____

(Parent signature for runners under the age of 18)