



32nd Annual GRTC Freezeroo Series

2010-11



Sanctioned by USATF



- 1 - **December 12 SUNDAY 10 a.m. Pineway Ponds Park 5 miles**
Park is located 0.25 mi north of the Village of Spencerport on Union St Rt. 259, north of 531 and south of Rt. 104. Shelter is the Boetcher Lodge at the back of the park. Hosted by Sal's
- 2 - **January 1 Saturday 10 a.m. New Year's Resolution Run 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. Hosted by Pete Van Peurseem.
- 3 - **January 15 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. Hosted by Gold Rush/GRTC.
- 4 - **January 29 Saturday 10 a.m. The Hearnish 10k 6.385 miles**
Rand Lodge at Powder Mills Park; Rt. 96 South. Go right on Park Rd. Pass the Fish Hatchery. Hosted by Oven Door Runners/GRTC.
- 5 - **February 12 Saturday 10 a.m. Valentines Run "In memory of Tom Brannon" 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. Hosted by Bagel Bunch/GRTC.
- 6 - **February 26 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. Hosted by GRTC.

Chip Timing

Door Prizes

Series Awards

Great Post-Race Food

Special Series Gift

Heated Shelters

To participate in the series and qualify for the series prizes, you must run 4 out of the 6 races. Your best 4 races are what determine your standing. You MUST declare your intent to run the series at YOUR first race, AND run 4 races to qualify for prizes. If you declare your intent to run the series after your first race, that race will not count as part of your series either financially or as a qualifying race. Your age on Jan 1st determines your age group. More rules and info avail. on www.grtconline.org. Day-of-race registration available.

Directed by: Deb Wyspianski 764-0263 deb_estw@yahoo.com

Severe weather may force a race to be cancelled. If in doubt please check the GRTC website or call the above phone number.

Register Online at www.Active.com (search for "Freezeroo") or Complete & Mail the Form Below

Name (PLEASE PRINT): _____

Gender: Male ___ Female ___

Street Address: _____

City _____ State _____ ZIP _____ Phone _____

Email _____ Age on Jan 1, 2011 _____ 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:

Fee per Race: \$10 for GRTC members, \$15 non GRTC members

Series Fee: \$40 for GRTC members, \$60 non GRTC members

Checks payable to: GRTC

Mail to: Freezeroo, 164 Roselawn Cres, Fairport, NY 14450

I want to Join GRTC: ___ Date of Birth: _____

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

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

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

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