

MFL Mar Mac Booster Club presents:
3rd Annual Winter Frolic 5K Run/Walk
In collaboration with the 3rd Annual Holiday Festival

Date & Time: Saturday December 3rd, 2011 Registration 8:00-8:45 a.m.
Race starts 9:00 a.m.

Cost: \$20 through November 18th (Includes long sleeve t-shirt)
\$20 day of run/walk (No guarantee on the long sleeve t-shirt)

Payment: Please send registrations & payments to: MFL Mar Mac Booster Club, PO Box 508, Monona, IA 52159

Location: Race will start and end at the ***Monona Community Center.**

Awards: Medals to top two males and females in each age group

Age Categories: 19 & under 20-29 30-39 40-49 50-59 60 & Over

Name: _____ Age: _____ M___ F___

Address: _____

E-Mail Address: _____

Shirt Size: M L XL 2XL

I fully understand the risks involved with this event. I hereby waive any claims against the MFL Mar Mac Booster Club, Monona Chamber and Economic Development, Inc, the MFL Mar Mac Community Schools, the City of Monona or anyone associated with this event for damages or injuries that may occur during or after this event.

Signature: _____ Date: _____

The preregistration deadline is Thursday, November 18th. Preregistrations can be dropped off at the Freedom Bank or Knockel's Floor Covering or mailed to:

MFL Mar Mac Booster Club
PO Box 508
Monona, IA 52159

Registration will also be accepted at the gate the day of the race.

If you have any questions e-mail: sincerelyyours@neitel.net or call 563-880-1288.