

freeze your buns 5k run dlccc



entry form

All participants must complete and submit this form.

Name:

Address:

City/State/Zip:

Phone:

E-mail:

Birthday:

Sex:

M

F

I am entering this event at my own risk and assume all responsibility for injuries I may incur as a direct result of my participation for myself or my heirs. I agree not to hold the participating sponsors responsible for any claims. I grant permission for the use of photographs, video and other records of this event for legitimate purposes.

Signature:

Signature of parent/guardian if participant is under 18:

entry fee

\$16 on or before February 13

\$20 February 14-18

First 100 registered will receive a free Freeze Your Buns winter gear item

Please make checks payable to DLCCC.

detroit lakes community & cultural center



giant indoor playland

cardio

8 lane pool w/waterslide

classes

climbing wall

youth sport court

personal training

state of the art weights

& so much more!



826 Summit Ave., Detroit Lakes, MN 56501
218-844-4221 Ext. 118 ▲ www.dlccc.org

Polar Fest events and lodging specials at www.visitdetroitlakes.com.

FREEZE YOUR BUNS

Saturday,
February 18

5K

Detroit Lakes Community
and Cultural Center



The first 100 registered get
a limited edition
"Freeze Your Buns" garment!



Date

Saturday, February 18

Time

8-8:45 a.m. Registration
9 a.m. Run/Walk Begins

Course

5K (3.1 miles)

Starts and ends at the
Detroit Lakes Community and Cultural Center
Follow the marked route

Bring the entire family, including dogs,
strollers and even your sleds!

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Registration

Pre-registration:

\$16 entry fee on or before February 13.

\$20 entry fee February 14-18.

Refreshments

Fruit and water will be provided for all
participants after the run.
Warm up inside the DLCCC!



more dlccc polar fest events

Friday, February 10

Daddy's Little Sweetheart Dance:

Holmes Theatre, 6-9 p.m.

Adults \$12, Girls \$6

Thursday, February 16

Polar Explorer Will Steger

Holmes Theatre/DLCCC, 7 p.m., Free

Friday, February 17

Ice Tee Golf Tourney

Little Detroit in front of Zorbaz

Registration and lunch at noon, Tee-off at 1 p.m.

\$100 per team

Sunday, February 20

"Nothing But Class"

The Songs of Dorothy Fields

Holmes Theatre/DLCCC, 3 p.m.,

Adults \$10, Students Free