

Frostbitten Sponsors:

Please support them.



INTERNAL SOUND & COMMUNICATIONS, INC



Frostbite Marathon Relay

241 Van Raalte
Holland, MI 49423

Sunday, January 30
8:30 AM

Holland, Michigan

Frostbite



Marathon Relay

26.2 Miles of Winter
Wonderland

Frostbite Marathon Relay 1.30.11



Frostbite Marathon Relay is not your typical event. This battle against frigid temperatures starts with the only award: the Most Creative Team Baton. Following is a 26.2 mile loop through Holland's winter wonderland, and finally finishes at the Curragh with a hot bowl of chili and a cold pint of beer. Bring your mittens, a positive attitude, and your appetite! Event begins at 8:30 AM at the Curragh.

Pre – Registration Options:

Remember to note your team name when registering.

- Postmarked by January 20 mailed to:

Shindigs
251 Van Raalte
Holland, MI 49423

Notice to Registration Slackers:

We are limiting the field to 450 participants. Sign up early to ensure your space is saved! Not kidding!

Late Registration & Packet Pick Up:

Race Morning beginning at 7 AM inside the Curragh, 8th & College in downtown Holland. The Curragh is the location for both the start & finish line.

Fee: *Please make checks payable to Shindigs*

\$35 per runner ~ Price includes a fabulous hoodie sweatshirt to wear. At least for 450 of you... Oh, and a glorious pint of beer and fantastic chili at the finish.

Event Information

Team provides own transportation around the course. Maps provided at packet pick up.

Event is not professionally timed. We will record your final time if you tell us what your time was.

Baton award will be awarded following the event.

Course is **not** closed to traffic. You must watch for cars. Failure to watch for traffic may result in bodily damage. Your waiver is our way of keeping you responsible for your own body parts.

Relay Exchange Station Information

(maps and route details will be available at packet pick up)

2 Member Team Zone Exchange:

- Leg one: 13.1 miles: 138th & 65th (1st Aid)

5 Member Team Zone Exchanges:

- Leg one: 5.2 miles: start to Eldeans (1st Aid)
- Leg two: 5 miles: Eldeans to 140th & 66th
- Leg three: 5 miles: 140th & 66th, loop, return.
- Leg four: 6 miles: 140th & 66th to Eldeans
- Leg five: 5 miles Eldeans to finish

8 Member Team Zone Exchanges

- Leg one: 3.miles Start to South Shore & Myrtle
- Leg two: 3 miles South Shore & Myrtle to Eldeans
- Leg three: 4.2 miles: Eldeans to 66th at 142nd
- Leg four: 3 miles: 66th at 142nd to 65th and 138th
- Leg five: 3 miles: 138th loop, to 66th and 140th
- Leg six: 3 miles: 65th at 138th to 66th at 142nd
- Leg seven: 3 miles: 142nd and 66th to Eldeans
- Leg eight: 5 miles: Eldeans to finish

Questions? Email alan@runningcircles.com

A v e r y c h i l l e v e n t .

Frostbite Team Entry Form (may be photocopied)

\$35 per runner

Shirt Sizes: S, M, L, XL, XXL

Please make checks payable to Shindigs

Number on team: 1 2 5 8

Team Name: _____

Runner #1 (Captain) _____

Address _____

City _____ State _____ Zip _____

Phone _____ Shirt Size _____

Email _____

Signature & Date _____

Runner #2 _____ Size _____

Signature & Date _____

Runner #3 _____ Size _____

Signature & Date _____

Runner #4 _____ Size _____

Signature & Date _____

Runner #5 _____ Size _____

Signature & Date _____

Runner #6 _____ Size _____

Signature & Date _____

Runner #7 _____ Size _____

Signature & Date _____

Runner #8 _____ Size _____

Signature & Date _____

By Signing above, I agree to hold harmless the organizing committee , sponsors or volunteers involved in this event. I am aware this is a potentially dangerous activity and in good physical condition suitable for participation. I am aware this is a course open to traffic. Furthermore, I agree to have my photograph and likeness used for marketing purposes.