



The Polar Bear Grand Prix Racing Series

Reindeer Romp 4k, December 12th, 2009
 Frostbite 5k, January 16th, 2010
 Snowman Shuffle 4 Mile, February 13th, 2010

Presented by



Once again Fleet Feet Sports is proud to sponsor a series of races this winter to keep you motivated to stay out runnin' on the roads.

A series of three races (see reverse) in December, January and February. Enter all three on this entry and receive a Polar Bear Grand Prix T-shirt, FREE!!!

The Polar Bear Grand Prix will also be scored on a points format based on finishes in each race with awards for the top three men and women overall, overall Male and Female Master and Grandmaster and awards in age groups, 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over.

Save \$3.00 and pre-register for the Polar Bear Grand Prix for \$57.00. The first 600 are guaranteed a Polar Bear Grand Prix t-shirt.

Reindeer Romp 4k, Saturday, December 12th, 9:00 a.m. at Hogan's Fountain in Cherokee Park. The first 800 entrants will receive a Reindeer Romp Holiday ornament. **Those who register after the first 800 will receive an ornament on a first come, first serve basis.** All entrants must bring a new, unwrapped toy or apparel, preferably for a 12-15 year old, with them to receive their race packet. Without a toy, bring a \$10.00 donation. All proceeds and toys will go to the Salvation Army Angel Tree Program.

Frostbite 5k, January 16th, 9:00 a.m. at the Rugby Field in Cherokee Park. Only the first 800 entrants will be guaranteed a long sleeve technical shirt (\$35 value) so get your entry in early. **Those who register after the first 800 will receive a shirt on a first come, first serve basis.**

Snowman Shuffle 4 Mile, Saturday, February 13th at 9:00 a.m. at Hogan's Fountain in Cherokee Park. The first 800 runners will receive a pair Snowman Shuffle cotton running gloves. **Those who register after the first 800 will receive a pair of gloves on a first come, first serve basis.**

For more information: www.rivercityraces.com

Saturday, December 12, January 16 and February 13, 2009/10
Polar Bear Grand Prix, 9:00 a.m. Cherokee Park

make checks payable to River City Races
 please print:

Send entry form and check to:
 Polar Bear Grand Prix c/o River City Races
 2115 Bonnycastle Ave.
 Louisville, KY 40205

Name _____
 Address _____
 City _____ St _____ Zip _____ Age _____
 Phone _____ Email _____
 Date of Birth _____

Gender Male Female Shift Size XS S M L XL XXL

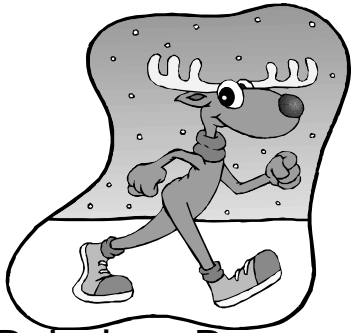
In consideration of the acceptance of my entry for the Polar Bear Grand Prix, I, for myself, my heirs, executors and administrators, waive and release all claims against J & C Running Co. and all contractors, promoters, supporters and volunteers, for all claims of damage, injuries, demands, actions in any manner as a result of my participation in any Polar Bear Grand Prix Run/Walk races.

Signature (signature of parent if under 18)

Date

Race # <small>for reference only</small>	
Payment Method <small>for reference only</small>	
Entry Form <small>(circle races entering)</small>	
Polar Bear	
Reindeer Romp	
Snowman Shuffle	
Frostbite 5k	
Total	

Add \$5 late fee per race after deadline. See each individual race for deadline.
 * XS and XXL shirts are for the Frostbite 5k only.



Reindeer Romp 4k Run/Walk

Saturday, December 12th, 2009
Hogan's Fountain in Cherokee Park

9:00 a.m.

To benefit



DISTANCE

Four kilometers (2.4 miles) - USATF Sanctioned.

ENTRY FEES

\$15 early registration, \$20 after December 9th, plus an unwrapped gift for a child, preferably a 12-15 year old (books, logo wear apparel, games). Bring gift to packet pickup. Without toy, donate \$10. Walk in registrations accepted at Fleet Feet Sports until 7:00 p.m. December 11th. Pre-race packet pickup Dec. 11th.

RACE DAY

Late registration and packet pickup starts at 8:00 a.m. and ends at 8:45 a.m. sharp.

AWARDS

Reindeer Romp Holiday Ornament to the first 800 entrants, late registrants on a first come/first serve basis. Awards to top three male and female overall, first male and female masters and grandmasters. Three deep in age groups; 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.



Frostbite 5k Run/Walk

Saturday, January 16th, 2010
Rugby Field in Cherokee Park

9:00 a.m.

DISTANCE

5 kilometers (3.1 miles) - USATF Sanctioned.

ENTRY FEES

\$25 early registration, \$30 after January 13th. Walk in registrations accepted at Fleet Feet Sports until 8:00 p.m. January 15th. Pre-race packet pickup at Fleet Feet Sports, 10:00 a.m.-7:00 p.m. January 15th.

RACE DAY

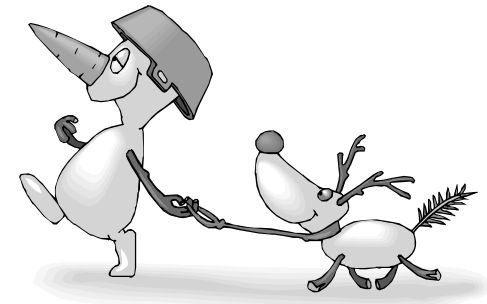
Late registration and packet pickup starts at 8:00 a.m. and closes at 8:45 a.m. sharp.

AWARDS

Long sleeve technical running shirt to first 800 registrants (these are unisex tech shirts that will not shrink, please adjust your size accordingly). Awards to top three male and female overall, first male and female masters and grandmasters. Three deep in age groups; 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.

PARKING

Parking is limited so arrive early.



Snowman Shuffle 4 Miler Run/Walk

Saturday, February 13th, 2010
Hogan's Fountain in Cherokee Park

9:00 a.m.

DISTANCE

4 Miles - USATF Sanctioned.

ENTRY FEES

\$20 early registration, \$25 after February 10th. Walk in registrations accepted at Fleet Feet Sports until 8:00 p.m. February 12th. Pre-race packet pickup at Fleet Feet Sports, 10:00 a.m.-7:00 p.m. February 12th.

RACE DAY

Late registration and packet pickup starts at 8:00 a.m. and ends at 8:45 a.m. sharp. Awards start at 10:00 a.m.

AWARDS

Snowman Shuffle cotton running gloves guaranteed to the first 800 entrants, late registrants on a first come/first serve basis. Awards to top three male and female overall, first male and female masters and grandmasters. Three deep in age groups; 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.

PARKING

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