

2020 SPONSORS:



Where the U.P. Banks



In partnership with
We Energies Foundation

CRYSTAL LAKE SENIOR CENTER

HOSTED BY:



A Community Action Agency

Empowering
individuals.
Improving
quality of life.

1238 Carpenter Ave.
Iron Mountain, MI 49801

PHONE: (906) 774-2256

FAX: (906) 774-2257

www.dicsami.org



February 1, 2020

Proceeds support DICSA's
Community Programs

- Competitive
- Non-Competitive
- Chip timing!
- Awards for division

REGISTRATION FORM INSIDE!

We invite you to join us for the annual Frosty 5K and Merry Mile! This is both a competitive and non-competitive 5K run/walk as well as a fun 1 mile course! All proceeds support DICSA's Community Programs. Please accompany us for this exciting event on Saturday, February 1, 2020!

EVENT DETAILS :

TIMES & LOCATION


5K •• 10:00 AM CST

1 MILE •• 10:05 AM CST

Starts & ends at:

Iron Mountain Senior Center
700 Crystal Lake Blvd.
Iron Mountain, MI 49801

FEATURES

- All participants registered by January 24th will receive a long sleeved t-shirt.
- Chip timing by: 
- Water & refreshments will be provided at the finish.
- Awards for division and overall winners.

RACE PACKETS

Packets will be available for pick up at the Iron Mountain Senior Center:
Friday, January 31st •• 4pm-6pm

or

Saturday, February 1st •• 8am-9am

CONTACT INFORMATION

More details about the race, including course map and online registration link, can be found on our website:


www.dicsami.org

Looking to volunteer? Have questions?

Dana Waara: (906) 774-2256, x225

2020 FROSTY 5K ENTRY FORM

Please submit one entry form per person.

-  \$15 1 Mile Fun Run/Walk
\$25 5k Run/Walk
\$80 5k Run/Walk Team
(Must have four participants)

NAME: _____

AGE: _____ GENDER: M F

BIRTHDATE: ____/____/____

ADDRESS: _____

CITY: _____ STATE: _____

ZIP: _____ PHONE: _____

EMAIL: _____

EMERGENCY CONTACT: _____

SHIRT SIZE:

Please circle your size choice.

YOUTH: SM MED LG

ADULT: SM MED LG XL XXL

PLEASE READ BELOW & SIGN

The undersigned waives any/all rights for damages he/she may incur while participating in event. He/she certifies that they have trained sufficiently & do not have any physical condition that would prevent safe completion. The undersigned assumes all risks, such as: traffic, road conditions, weather, ect. Guardian's signature is required if participant is under 18. The race organizers reserve the right to make changes to the event. I acknowledge that any pictures and media taken at this event are the property of DICSA and can be used in marketing this event in the future.

Participant signature (Guardian if under 18) Date

MAIL REGISTRATIONS TO:

DICSA—Frosty 5k
1238 Carpenter Ave.
Iron Mountain, MI 49801
(Make checks payable to DICSA)