



# FRIGID 5 MILER

**Sunday, January 22, 2023 9:00am**

**Lake Metroparks Jordan Creek Park Concord Twp., Ohio**

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**For more information visit: <http://www.gcxcrunningseries.com>**

**Race:** Frigid 5 Miler     \$30 thru 01/10/23     \$35 thru 01/15/23     \$40 race day

**First Name** \_\_\_\_\_ **Last Name** \_\_\_\_\_

**Email** \_\_\_\_\_ **Zip** \_\_\_\_\_ **Age on race day** \_\_\_\_\_

**Gender:** Male / Female    **Start Time:** 9:00 am

I accept that I compete in this event at my own risk and I hereby waive and release the event, GCXC, Greater Cleveland XC, Second Sole Mentor, Lake Metroparks, Concord Township, and any city or village, sponsor, officer, and member of said organization, their representatives, successors, assigns, and any individuals who are in any way connected with this event from all rights and claims for any accident, injury, or loss suffered as a consequence of my participation.

**Signature:** \_\_\_\_\_ (Parent or Guardian Signature Required if Under 18)

**Please make checks payable & send to:**

GCXC  
c/o Frigid 5  
8791 Mentor Ave., Mentor, OH 44060

