

# 40TH ANNUAL FROSTBITE

8K

Year 2023

## FOOTRAGE

January 14, 2023

Profits go to our local  
Alzheimers Assn. in the QC area.

**WHEN & WHERE:**

Saturday, January 14, 2023 at Scott County Park  
(located 8 miles north of Davenport Highway 61 -  
take the Long Grove exit #129 to the east. Race  
day registration from 11 :30 a.m. - 12:30 p.m.  
Race will start at 1 :00 p.m. sharp. Drawings for  
prizes will follow the race. Must be present to win.

**COURSE:** Asphalt surface with a few rolling hills, scenic park, cleared of snow, ready to go!  
At the request of the Park Board and the Iowa Highway Patrol, we may cancel due to inclement weather. If so,  
thank you for your donation. (we have never yet cancelled)

**PRIZES:** Stick around for great door prizes! **You MUST be present to win.** Prizes include 1 bicycle from  
Jerry and Sparky's Bike Shop.

**PACKET PICK UP:** Packet pick up, registration, awards, and drawings will be at Whispering Pines Pavillion.  
Hot cocoa and cookies will be served in the heated pavillion. Special edition, long sleeved t-shirt to the first 300  
pre-registered.

**AWARDS & DIVISIONS:** Awards given for female and male 1st overall: 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; 70-74, 75-79 & 80+.  
Walkers are welcome.

**ENTRY FEES AND REGISTRATION:** Pre-registration ends January 12, 2023 (2 days prior to race day).  
\$25 Entry Fee. Late registration is \$30.00. Kids 12 & under \$15.00 entry fee.

**ADDITIONAL INFORMATION:** Contact Randy or Marianne Schroeder, (563) 505-5601 or email at  
locorunner3@yahoo.com or frostbitefootrace2014@yahoo.com also on Facebook.

**\*MAKE CHECKS PAYABLE TO:** Frostbite Footrace

**PLEASE REGISTER EARLY**

**MAIL FORMS AND FEES TO:**

Frostbite Footrace  
c/o Randy or Marianne Schroeder  
32 Oakbrook Drive  
Bettendorf, Iowa 52722

OR

**Register Online At  
GetMeRegistered.com**

**Waiver form:** In consideration of this entry, I intending to be  
legally bound, hereby, for myself, my heirs, executors, and  
administrators waive and release any and all rights and  
claims for damage I may have as a result of my participation  
in their athletic contest. I release the sponsors, hosts, Iowa  
Department of Conservation and any officials associated if  
with the 40th Annual Frostbite Footrace.

Signature \_\_\_\_\_

Date \_\_\_\_\_

If under 18 \_\_\_\_\_

Signature of parent or guardian

PRINT LEGIBLY

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Age day of race \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

Address \_\_\_\_\_ Phone Number \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

E-mail address \_\_\_\_\_