



# 30th ANNUAL FROST GIANT 5 & 10K RUN

**SUNDAY, JANUARY 25, 2009**

**5K - 11:00 A.M.**

**10K - 12:00 NOON**

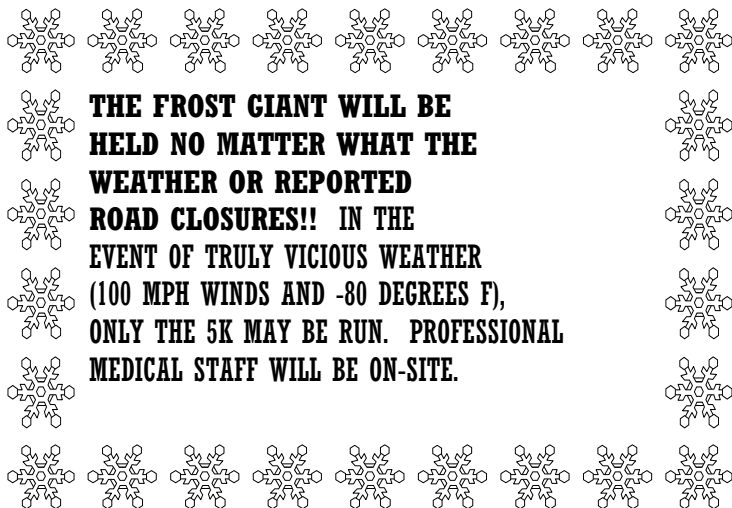
**RACE STARTS AT THE ESTES PARK MUNICIPAL BUILDING  
170 MACGREGOR AVE, ESTES PARK, CO 80517**

**DIVISIONS  
MALE AND FEMALE**

0-8	16-25	40-49
9-11	26-32	50-59
12-15	33-39	60-69
		70 & UP

Chip Salaun... world class triathlete, mountaineer, author and environmentalist, was co-founder of the "Frost Giant". He devised the name, drew the original logo, laid out the course, pulled the trigger on the first start, and was the catalyst behind the success of our mountain run. In late April of 1985, Chip vanished in the snow and ice of Mt. Cook in new Zealand. If the wind should blow, it will be his spirit challenging us, then pushing us to another adventure with nature and ourselves.

The Estes community and Frost Giant Run lost a dear friend, Katherine Bricker Kent, on July 15, 2000. As one of Northern Colorado's most prestigious female runners, "Kate" was a multiple winner of Frost Giant Runs, three time Olympic Marathon Qualifying participant, co-founder of Kent Mountain Adventures with husband Harry, and mother to a son, Owen Kent. A portion of the proceeds from the Frost Giant Run will be donated to the Katherine Bricker Kent Memorial Fund and the Estes Valley Youth Activities Assistance Fund.



**THE FROST GIANT WILL BE HELD NO MATTER WHAT THE WEATHER OR REPORTED ROAD CLOSURES!! IN THE EVENT OF TRULY VICIOUS WEATHER (100 MPH WINDS AND -80 DEGREES F), ONLY THE 5K MAY BE RUN. PROFESSIONAL MEDICAL STAFF WILL BE ON-SITE.**

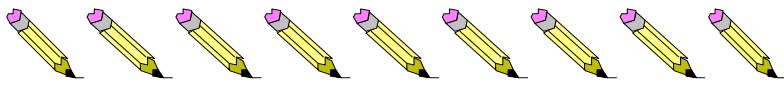


### AWARDS

**OVERALL - MALE & FEMALE**

**1ST AND 2ND PLACE PEWTER TROPHIES BY  
MICHAEL RICKER PEWTER INC.  
3RD PLACE MEDAL**

**DIVISIONS  
1ST AND 2ND MEDALS  
3RD - 5TH RIBBONS**



**REGISTER EARLY!!!!**

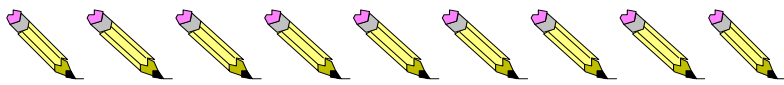
**BEFORE 5:00 p.m. JANUARY 23th**

**1 RACE - \$21/WITH T-SHIRT \$13 WITHOUT  
BOTH RACES - \$28/WITH T-SHIRT  
\$20/WITHOUT**



### RACE DAY

**9:30 AM AT THE ESTES PARK MUNICIPAL BLDG. ADD  
\$5 TO PRE-REGISTRATION FEES.  
FOR MORE INFO CALL 586-8191.**



PLEASE PRINT

NAME \_\_\_\_\_ PHONE \_\_\_\_\_ AGE RACE DAY \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

**CIRCLE THE APPROPRIATE ITEMS BELOW**

SEX M F RACE 5K 10K BOTH T-SHIRT ADULT S M L XL  
CHILD M L

OFFICE USE ONLY	5K#	10K#	
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**REGISTRATION FEES - CHECK ONE**

**PRE-REGISTRATION**

**RACE DAY REGISTRATION**

<input type="checkbox"/> 1 RACE \$13 <input type="checkbox"/> SHIRT & RACE \$21	<input type="checkbox"/> 1 RACE \$18 <input type="checkbox"/> SHIRT & RACE \$26
<input type="checkbox"/> BOTH RACES \$20 <input type="checkbox"/> SHIRT & BOTH RACES \$28	<input type="checkbox"/> BOTH RACES \$25 <input type="checkbox"/> SHIRT & BOTH RACES \$33

In consideration of this entry being accepted, I, the undersigned, hereby for myself, my heirs, executors, administrators waive and release all rights, claims or damages I may have against the Estes Alpine Runners, MacGregor Ranch Trust, or Estes Valley Recreation and Park District for any injuries or damages suffered. I am entering this event in good health, of my own accord, with knowledge of the difficult course and weather, and hold myself entirely responsible for any damages resulting from this event. This also represents a phone/name release.

Signature \_\_\_\_\_  
(Or signature of parent if runner is under 18 years)

RETURN ENTRY FORMS TO:  
E.V.R.P.D. FROST GIANT  
P.O.BOX 1379  
ESTES PARK, CO 80517  
970-586-8191

**RACE DAY REGISTRATION AND PACKET PICK-UP BEGINS AT 9:30 A.M. AT THE MUNICIPAL BUILDING.**

5K - Begins at 11:00 A.M. The race starts and finishes on the west side of the municipal building on MacGregor Avenue. Race begins on pavement and continues to the MacGregor Ranch property where the course turns to cross country in a meadow near the Black Canyon Creek. Upon leaving the MacGregor Ranch property, the course returns to the finish line via MacGregor Ave to where the race previously started.

10K - Begins at Noon. The race starts and finishes on the west side of the municipal building on MacGregor Avenue. At start of race the course takes a quick left turn onto Park Lane and then a quick right turn onto Virginia Drive. Following the steep paved road of Virginia Drive, the course then crosses Wonderview Ave and continues on Big Horn Drive and eventually meets MacGregor Avenue. The course then continues on MacGregor Avenue to the MacGregor Ranch property where the course turns to cross country in a meadow near the Black Canyon Creek. Upon leaving the MacGregor Ranch property, the course returns to the finish line via MacGregor Ave to where the race previously started.