SAINT LOUIS TRIATHLON CLUB

2017 Frozen Buns Run
5K & 10K

Saturday, January 14, 2017, 10:00 AM
University City Delmar Loop

ONLINE RACE INFORMATION

- Register Today! https://register.chronotrack.com/r/25086
- Online: www.stlouistriclub.com/get-active/frozen-buns-run/ Facebook: https://www.facebook.com/frozenbunsrunstl/

PRICING

Date	5K	10K
STL Tri Club Member up to 1/7/2017 (login to Club website for discount code)	$25	$30
~~Prior FBR race participant up to 11/30/2016~~ ~~- Check your email or contact us at frozenbunsrun@stlouistriclub.com for your code~~	~~$25~~	~~$30~~
Beat the Freeze promo (until STL temperature is recorded on or below 32°) - Code: BeatTheFreeze	$32	$32
~~On or before 11/20/2016~~	~~$35~~	~~$40~~
On or before 12/31/2016	$40	$45
On or before 1/7/2017	$45	$50
Race Day	$50	$55

AWARDS given inside Blueberry Hill to the top 3 male and female finishers and the top 3 male and female in each age group (<19, 20-29, 30-39, 40-49, 50-59, 60 and over)

TEN REASONS TO RUN THE 2017 FROZEN BUNS RUN

1. A fast course—choose from the 5K or 10K
2. Guaranteed warmth pre- and post-race at the legendary Blueberry Hill
3. Great price when you register early
4. Professionally timed race with aid stations and plenty of convenient parking
5. Awards for both distances…overall and age group
6. Great SWAG! *Guaranteed for our first 700 registrants.*
7. Bring your family and friends and stay for the fun of the Loop Ice Carnival
8. Run with and get your picture taken with the penguins
9. Start the New Year off right—resolve to be challenged, enjoy the outdoors and join other like-minded people for a great time
10. Sleep in! Our race starts at 10 a.m.

Sock SWAG for all runners!

PACKET PICK-UP Big Shark Big Bend Jan.12 / Big River Running U. City Jan. 13 / Blueberry Hill on Race Day

If you have any questions, please contact us by email at **frozenbunsrun@stlouistriclub.com** or email us at **volunteer@stlouistriclub.com** to volunteer

REFUNDS There will be no refunds under any circumstances. This policy will be strictly adhered to for fairness to all.