



# 2018 Frozen Buns Run 5K & 10K



## Saturday, January 13, 2018, 10:00 AM University City Delmar Loop

### ONLINE RACE INFORMATION

- Register Today! <https://register.chronotrack.com/r/34443>
- Web: <http://www.stlouistriclub.com/get-active/frozen-buns-run/> and <https://www.facebook.com/frozenbunsrunstl/>

### PRICING

Date	5K	10K
STL Tri Club Member up to 1/7/2018 (login to Club website for discount code)	\$25	\$30
Prior FBR race participant up to 11/30/2017 (check your email)	\$25	\$30
<b>Beat the Freeze</b> promo (until STL temperature is recorded on or below 32° - Code: BeatTheFreeze)	\$32	\$32
On or before 11/26/2017	\$35	\$40
On or before 12/31/2017	\$40	\$45
On or before 1/7/2018	\$45	\$50
1/8/2018 thru Race Day	\$50	\$55

**AWARDS** inside Blueberry Hill to the top 3 male and female finishers and the top 3 male and female in each age group

### TEN REASONS TO RUN THE 2018 FROZEN BUNS RUN

1. A fast course—choose from the 5K or 10K distance
2. Guaranteed fun and warmth pre- and post-race at the legendary Blueberry Hill
3. Great price when you register early
4. Professionally timed race, USATF sanctioned, 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.



**PACKET PICK-UP** [Big Shark](#)  
[Big Bend](#) Jan.11-12 /  
[Blueberry Hill](#) on Race Day

Email at [frozenbunsrun@stlouistriclub.com](mailto:frozenbunsrun@stlouistriclub.com) or to volunteer at [volunteer@stlouistriclub.com](mailto:volunteer@stlouistriclub.com)

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

