


# 2010 Freezer Burn

Sunday - Dec. 5

10:00 am - 10 mile run

10:10 am - 5 km run/walk

The University of Montana



**HHP Freezer Burn**  
10 Mile Race 5km Run 5km Fitness

## Frenchtown High School Parking Lot

## Registration 8:45-9:45

Hosted by the University of Montana Exercise Science Student Association

*To motivate, encourage and support people of all ages in Missoula and surrounding areas to keep moving despite the fading good weather.*

**We will run - rain, snow or shine**

*Proceeds support student scholarships to scientific conferences.*

Detach bottom portion - Make Checks Payable to UMT Foundation

Race (please check): 5km \_\_\_\_\_ 10 mile \_\_\_\_\_

Name \_\_\_\_\_ Age Race Day \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

**Entry:** 13 and under FREE (must be 13 or above to race 10 mile distance)

14 and over: 5 km race - \$10 10 mile race - \$20 \$ \_\_\_\_\_

14 and over with GRIZ card: 5 km race - \$5 10 mile race - \$10 \$ \_\_\_\_\_

Teams of 10 - pre-entered by Dec. 1 use GRIZ card price per person

For a team of 10 - all entries must be received together. Separate form for each racer.

Add a long sleeve cotton t-shirt (add \$15) circle size S M L XL \$ \_\_\_\_\_

Entries postmarked after 12/1/2010 or race day entries add \$5.00 \$ \_\_\_\_\_

**TOTAL PAID (checks to UMT Foundation) \$ \_\_\_\_\_**

Waiver: "I hereby acknowledge by signing this form that my participating in this running activity exposes me to potential risk of injury such as falls, hear or respiratory problems, etc. Understanding these terms I choose to participate."

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of parent or legal guardian if under age 18 years: \_\_\_\_\_ Date: \_\_\_\_\_

For more information visit the web site at: [http://www.soe.umt.edu/hhp/current\\_events/default.html](http://www.soe.umt.edu/hhp/current_events/default.html)

Mail entries to: Freezer Burn, The University of Montana- HHP Dept, 101 McGill Hall, Missoula, MT 59812

For information: [Email-steven.gaskill@umontana.edu](mailto:Email-steven.gaskill@umontana.edu)

# Freezer Burn Facts and Information

The Freezer Burn was the vision of Carla Cox as part of a class project/study on endurance training. The race started as a half marathon and was the end goal for the students who spent 3 months training during the fall of 2006. This year, when the wind-chill dropped below  $-20^{\circ}\text{F}$  in 2009 the half marathon was shortened a whopping 3.2 miles to a 10 mile distance to allow for better aid station coverage. Feedback from athletes who have run the race every year was that we should keep the 10 mile distance for the future. So - 10 miles or 5 km this year and forward.

The Runner's Edge has supplied bibs and finish line gear ever since the race began. We feel lucky in Missoula to have a business that loves the runners in this community and supports all of the races and racers. Thanks.

Race amenities include: The great cold outdoors. High likelihood of a headwind - at least one direction if not both. The possibility of Freezer Burn rain, sleet or snow. A flat course that can be slippery when frozen. Mileage signs that are GPS positioned but have been known to have operator error. Fun and cold loving staff (100 volunteers). Deer on the trail, trains and fog are occasional obstacles.

What to bring: Warm weather running gear appropriate for the day. Dry clothes to change into after the race. Being Sunday, the school is not open. Be sure to bring running gloves and a hat. Dry socks for after the race. An old warm coat to join us by the bonfire after your run. Bring your insulated mug for the hot drinks. Mostly bring yourself.

Numbers of racers have varied from 75 the first year to 260 in 2008. The cold weather weeded out the hardy souls and only 140 signed up in 2009.

The Freezer Burn philosophy is to run an inexpensive race to encourage as many participants as possible. Raised funds are used to help students travel to scientific conferences and learn more about exercise physiology and athletic training.

The race will be run no matter what the weather except for hurricanes and tornadoes. Since neither has happened so far - we expect to keep the finish line open.

Finish line food: Before the start and after the finish we have hot cocoa, coffee, hot tea, bagels and freezer burnt bananas.

RESULTS: Official race results tend to take a few days as we have consistently frozen our computers and the operators went on strike this year, demanding to wait until returning to the warm confines of the university to enter late entries and times. However - we do post all times within 10 minutes or so at the finish line. The final results are emailed to all participants who legibly fill in their email address. For others the results are posted on the HHP Current events website at:

[http://www.soe.umt.edu/hhp/current\\_events/default.html](http://www.soe.umt.edu/hhp/current_events/default.html)

Aid stations on the course are manned by athletic training students learning how to dress for the cold. The stations are at 1.5, 3.3, 5, 6.7, 8.5 miles and the finish. The stations have first aid supplies, sympathy, warm water and warm sport drink. If any sponsors come through with non-freezer burn gels or bars we will have them out also.

Awards: We hand out handmade - highly coveted cardboard snowflakes to the top three males and females in each race. These are handed out at the finish line.

Door prizes: The number of door prizes depends on the economy and the hustle of overburdened college students to get sponsors and door prizes from a business community that gets asked 10 times a day to support great causes. In 2009 our awards committee gave out over 60 door prizes to random finishers as they crossed the finish line.

Bon Fire: At the finish we try to keep the bon fire burning. So when you finish, sweaty and cold, change into your dry warm clothes and come join us for hot drinks, bagels and a good time.

Announcer: WOW! 2009 brought technology to the race. The magic voice of Sean covered the race from start to finish with added music mixes. Sean promises to return for 2010.

Sweet Pea Porta Potties: Too cold to smell. At the start finish. We had one on the course in 2008 but the wind blew it over the night before the race.

Finishing the Freezer Burn is a "Badge of Courage". We think the race is special. We think that runners are special. In fact we think that Freezer Burn Runners are really something special and maybe even a little crazy. Even our volunteers are a bit crazy to stand out in the cold for hours. *Nothing like a little Freezer Burn on top of a good wind chill to get a Sunday winter tan.*