



500 Big Thompson Ave.
P.O. Box 1200
Estes Park, CO 80517
www.EstesParkCVB.com

For Information Contact:
Suzy Blackhurst, Information Officer
sblackhurst@estes.org
970-577-9900
800-443-7837

January 7, 2009

Cold Run Attracts Racers After 30 Years

ESTES PARK -- Estes Park's annual Frost Giant 5K and 10K races mark their 30th anniversary during the winter season in this mountain community on Jan. 25.

About 350 participants are expected to will take off from the Estes Park Town Hall, 170 MacGregor Ave., before running the course that travels through MacGregor Ranch pastures before returning to the starting point. Ten age groups will participate, beginning with children up to eight-years-old. Seniors over 70 also have their own race competition.

The 5K race gun goes off at 11 a.m.; the 10K race starts at noon.

The Frost Giant is held regardless of weather conditions. In the event of truly vicious winter conditions, only the 5K may be run. Professional medical staff will be on site.

Trophies will be presented to overall male and female first and second place winners. Medals will go to the first and second place runners while ribbons will be given to third through fifth place winners. Additionally, there are drawings for gift certificates and prizes.

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 first start trigger and was the catalyst behind the success of the winter mountain run. In late April 1985, Salaun vanished on New Zealand's Mount Cook.

Full registrations received in advance are \$21 each if the runner wants a commemorative shirt and \$11 without the shirt. Advance registration cost to those running both races is \$27 with the shirt; \$17 without. Race-day registrations are \$5 higher. Race day registration begins at 9:30 a.m. at the Town Hall.

Pre-registration may be completed at www.active.com, or download race information and a registration form at www.evrpd.com and mail it. For more information call 970-586-8191.

END