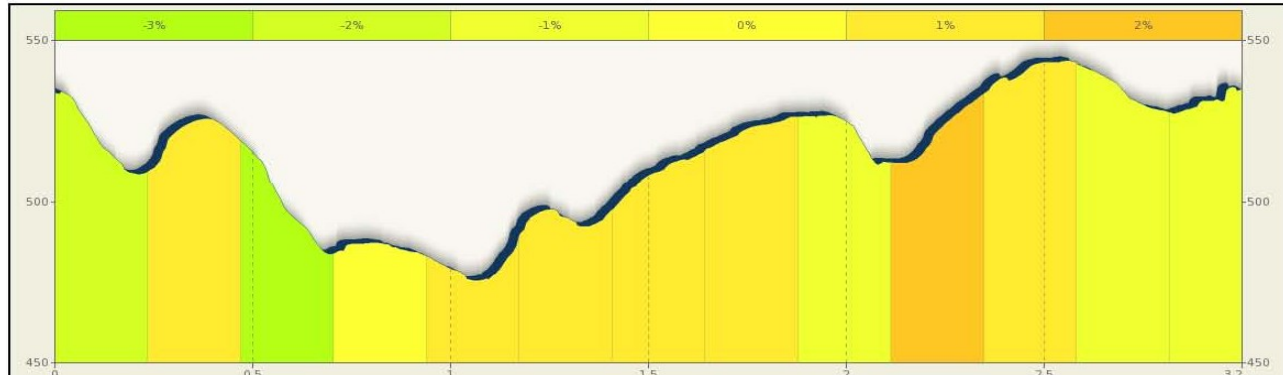
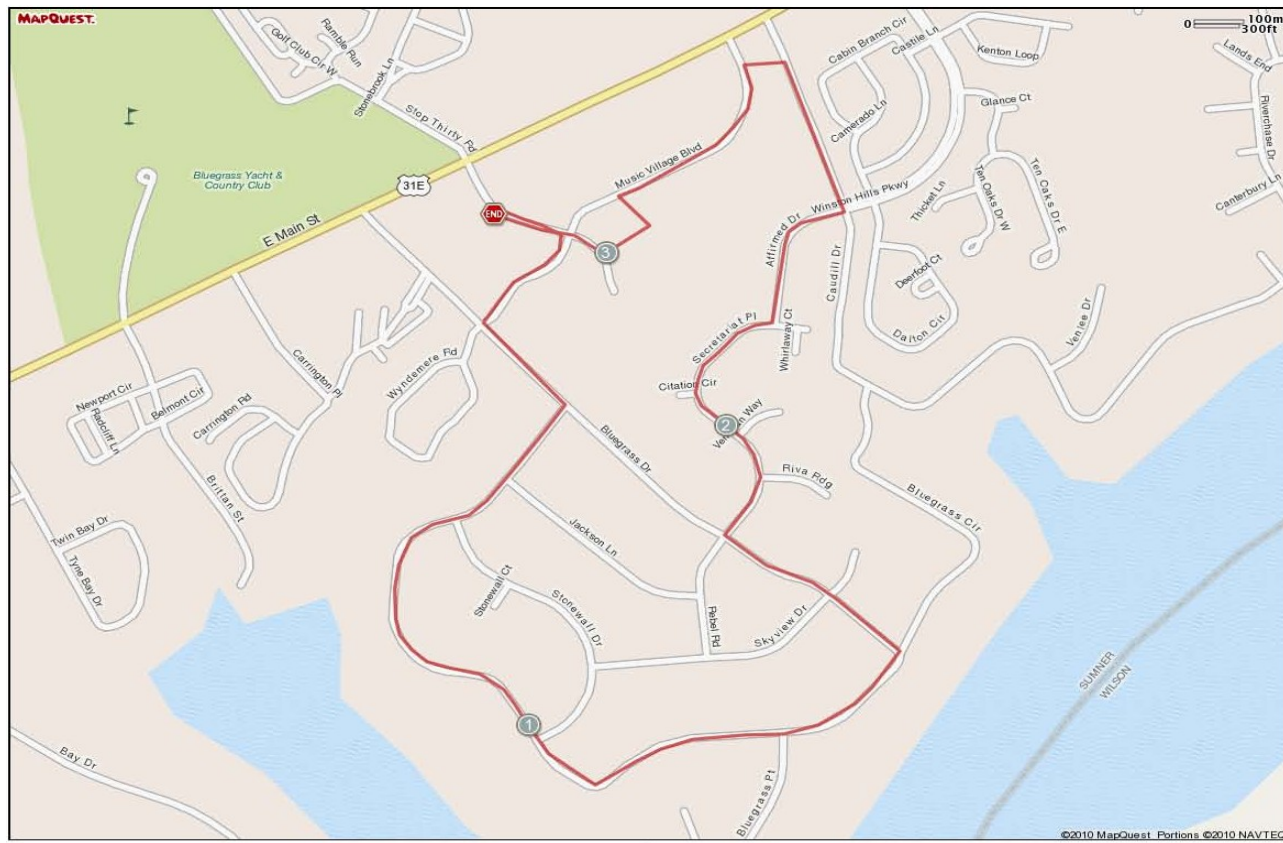




Frostbite 5k



Annual December 5k - deceptively hard course, with plenty of hills. Run by beautiful lake front homes and the Trinity Church with all of its lights. Keep it under control for the first 1.5 miles and you should finish fine.