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Parks & Recreation
City of Missoula • 600 Clegg Lane • 721-PARK

PUBLIC SERVICE ANNOUNCEMENT

For immediate release through January 23.

Join Parks and Recreation for Frost Fever Fun Run and Disc Golf Tourney

Frost Fever Frozen Frolic Fun Run • January 23

Join Parks and Recreation for the 25th anniversary of the Frost Fever Frozen Frolic on Saturday, January 23. Choose a 5k or 1-mile fun run, walk or wheel along the Riverfront Trail System. Registration fee is \$20 if registered by January 10 or \$25 January 11 through 23. Racers receive a long-sleeved tee, plus great prize drawings and awards for the top finishers in each category. New this year, racers may enter the 5k or 1-mile “wheel” division, which starts 15 minutes before the foot race. Register on-line at active.com, at [Currents Aquatics Center](#) in McCormick Park or call 721-PARK (7275.) Race starts at 10 a.m. in McCormick Park.



Frost Fever Disc Golf (Folf) Tournament • January 23

Youth and adults will play snow or shine on an 18-hole, all-levels friendly course on Saturday, January 23 at Fort Missoula. Players will receive a tournament disc and other goodies. Net proceeds from the event benefit the free Folf in the Parks program. If you’re new to disc golf, borrow our discs for tournament play. Register by January 21, adult fee is \$20, youth ages 16 and under register for \$15. See missoulaparks.org for course map and more information.

Frozen Frolic Run/Walk Training Group

Prepare for the 2016 Frost Fever 1-mile or 5K race, beginners and experienced runners and walkers are welcome. The group camaraderie will help keep you motivated and trained for an enjoyable experience on race day. The group meets Tuesdays at 5:30 p.m. and Saturdays at 9 a.m. through January 19 at Currents Aquatics Center. The registration fee is \$20 or \$16 with a CityCard.

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