

# 9<sup>TH</sup> ANNUAL Freedom 5K Run, Walk & Fitness Walk



Learn and Live<sup>SM</sup>

**8:30 am, July 5, 2010 Lynch Field, Greensburg, PA**

- ♥ **EVENT:** 5K Race/WALK, TEAMS, KIDS FUN RUN AND FITNESS WALK BENEFITS THE AMERICAN HEART ASSOCIATION.
- ♥ **COURSE:** 5K STARTS & FINISHES @ LYNCH FIELD. COURSE WINDS THROUGH DOWNTOWN GREENSBURG. FIRST MILE SLIGHTLY DOWNHILL, ROLLING HILLS THEREAFTER. WATER STATION ON COURSE. FITNESS WALKERS STAY IN LYNCH FIELD. TO VIEW COURSE – LOG ONTO <http://www.usatf.org/routes/view.asp?rID=112075>
- ♥ **AWARDS:** TOP 3 M/F OVERALL AND FIRST MASTERS RUNNERS . TOP 3 RUNNERS M/F AGE GROUP CATEGORIES.
- ♥ TOP 3 WALKERS M/F OVERALL AND TOP 2 AGE GROUP CATEGORIES. (UNIQUE CATS MEOW R AWARDS TO
- ♥ OVERALL & AGE GROUP WINNERS).
- ♥ **TEAM AWARDS:** RUNNER DIVISIONS: MALE/COED AND FEMALE (BEST 3 TIMES PER TEAM). TEAM AWARDS WALKER (ANY GENDER MIX, BEST 3 TIMES).
- ♥ **T-SHIRTS:** GUARANTEED TO FIRST 400 PRE-REGISTERED 5K ENTRANTS AND FIRST 25 PRE-REGISTERED FITNESS WALKERS
- ♥ **EARLY PACKET PICKUP** AT THE GREENSBURG YMCA, JULY 2<sup>nd</sup> from 11 a.m. – 1 p.m. Call 837-5468 for info
- ♥ **RACE DAY REGISTRATION – JULY @ 7AM – LYNCH FIELD**
- ♥ **PRICING:** 5K - \$15 UNTIL JULY 2 \* DAY OF RACE - \$20 \* FITNESS WALK - \$12.
- ♥ **SPARKLER KIDS RUN \$7:** Begins at approx. 9:30am - ONE LAP AROUND ROLLER TRACK AT LYNCH FIELD. KIDS REGISTER RACE DAY & RUN THROUGHOUT MORNING. T-SHIRTS TO FIRST 25 CHILDREN. PRIZES TO ALL.
- ♥ **FITNESS WALK – SIGN UP & CHECK IN** NEAR WALKING PATH AT LYNCH FIELD. WALK LAPS AT YOUR OWN PACE. BE ELIGIBLE FOR FITNESS WALKERS PRIZE DRAWING.
- ♥ **50/50 RAFFLE:** OPEN TO PUBLIC. NEED NOT BE PRESENT TO WIN.
- ♥ **DOOR PRIZE RAFFLE:** TO ALL 5K ENTRANTS ONLY. *UNCLAIMED PRIZES REDRAWN AFTER AWARDS. SEPARATE PRIZE FOR FITNESS WALK.*
- ♥ **REFRESHMENTS & AWARDS:** FOLLOWING RACE.
- ♥ **FINISH LINE TIMING & ONLINE RESULTS** BY Miles of Smiles, [www.smileymiles.com](http://www.smileymiles.com)
- ♥ **CHAMPION CHIP TIMING.** FOR 5K ONLY \* THERE WILL BE A \$30.00 FEE FOR UNRETURNED CHIPS.
- ♥ **AGE CATEGORIES:** RUNNERS: 14 & UNDER. 15-19, 20-29, 30-39, 40-49, 50-59, 60- 69, 70+,
- ♥ **WALKERS:** 14 & UNDER, 15-19, 20-39, 40-49, 50-59, 60-69, & 70+.
- ♥ **REGISTER ONLINE:** [www.signmeup.com/70214](http://www.signmeup.com/70214)
- ♥ **INFO & SPONSORS** CALL 814-836-0013 OR [freedom5k@comcast.net](mailto:freedom5k@comcast.net)
- ♥ **5K FIELD LIMITED TO 400!**



**COMPLETE APPLICATION BELOW AND MAIL TO:**  
**American Heart Association, 4727 Route 30, Suite 204, Greensburg, PA 15601**

**EVENT: 5K RUN  5K Walk  FITNESS WALK**

NAME: LAST		FIRST		AGE		RACE DAY		
ADDRESS							M / F	
CITY				STATE	ZIP	PHONE		
EMERGENCY CONTACT						PHONE		

CHAMPION CHIP TIMING. \*\*\*\*\* THERE WILL BE A \$30.00 FEE FOR UNRETURNED CHIPS\*\*\*\*\*

T-SHIRT (5K & Fitness Walk only) S  M  L  XL  XXL

TEAM NAME (if applicable) : \_\_\_\_\_ TEAM CATEGORY ( circle one): RUN - MALE / COED, RUN - FEMALE, WALK

**\$15 5K PRE-REGISTRATION (UNTIL JULY 3, 2010) DAY OF RACE \$20 \$12 – FITNESS WALKERS**

50/50 Raffle...(\$1 or 7 for \$5.00) purchase day of race.

Tax Deductible Donation To AHA (Optional) \_\_\_\_\_ **Total (payable to AHA Freedom 5K)**

**Waivers and disclaimers**

In consideration of the foregoing, I, myself, my heirs, executors, administrators, personal representatives, successors, and assigns, wave and release all rights, claims and course of action I may have against the Freedom 5K, American Heart Association, and its sponsors, its affiliates, their agents, officers, employees, directors, successors and assigns, the City of Greensburg and volunteers, that may arise as a result of my participation in the Freedom 5k and all its activities. I attest that I am physically fit and have sufficiently trained for the completion of this event and my condition has been cleared by a licensed physician. I attest that I am aware of the risks of heat stroke and heat exhaustion for summer endurance events. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

PARTICIPANT'S SIGNATURE \_\_\_\_\_

PARENT/ GUARDIAN ( IF UNDER 18) \_\_\_\_\_ Date \_\_\_\_\_

The official registration and financial information of the American Heart Association, Inc. may be obtained from the Pennsylvania Department of State by calling toll free within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.