

FREEDOM RUN INFORMATION

The Sixth Annual President's Day Freedom Run/Walk 5K, and Children's Fun Run is hosted by Boy Scout Troop and Cub Scout Pack 806 and LDS Young Women of Sanford, NC.

Date: Saturday, February 13th 2010
Time: 5K Race Starts at 10:00 am. Fun run will follow after 5K is completed.
Location: 3204 Keller-Andrews Road, Sanford, NC 27330
 The Church of Jesus Christ of Latter-Day Saints Meeting House
Distances: 5,000 meters (3.1 miles)
 1 mile Children's Fun Run (for children under 12)

Registration and Fees: \$15 by 1/15, \$17 between 1/15 and 2/11, and \$20 after 2/11 for 5K, and \$10 for Fun Run; T-shirts are \$6 for adult sizes and \$5 for child sizes. Entrants can register online using a credit card at www.active.com (a small additional fee applies to online applications), or use the registration form on this page.

Please mail registration form to:
 President's Day Freedom Run
 C/O Stephanie Larsen
 PO Box 962
 Sanford, NC 27331-0962

Course: The race will be an out and back with a turnaround at the beginning and end of the course. The course will follow Keller-Andrews Road in West Sanford. The course has two gradual climbs and descents. It is a fun and easy course.

Awards and Categories: Top 3 male and female finishers will be awarded 1st, 2nd, and 3rd place trophies, respectively. The first three male and female finishers in each age group will receive 1st, 2nd, and 3rd place medals, respectively. The age groups are 14 and under, 15-19, 20-24, 25-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70+.

Timing: Timing will be provided by Young and Associates. ChampionChip[®] timing will be used. Results will be posted at www.runnc.com.

Packet Pick Up and Race Day Registration. Packet Pick Up and Registration will start at 8:30 am and will close at 9:45 am. Registration will be located inside the church building.

No refunds or packets can be mailed. If you pre-register, and are unable to go to the race for any reason, we will not be able to refund your money. Planning for each racer costs money and this money is spent even if you are unable to show up. Additionally, we have limited resources and volunteer time, thus preventing us from getting in touch with each non-showing runner to send out the packets and/or t-shirts.

Arrive early on race day. There is limited parking and parking will not be permitted on the road. T-shirts have been ordered for all those who pre-registered. There will be a limited supply of T-shirts on race day for late entries.

In respect for the church that is providing the venue, we ask that no alcohol or tobacco products be used on the church grounds.



Directions: From the Raleigh area, take I-40 to Hwy 1 South. Go to Sanford and get off on the Hwy 42 Exit. At the exit, take a left. You will go about 1.5 miles and take a right onto Carthage Street. Go about 1 mile and take a right onto Keller-Andrews Road.

From the Fayetteville area, take Hwy 87 North to Sanford. In Sanford, 87 becomes Horner Boulevard. You will travel through Sanford for about 4 miles. Take a left at the light onto Carthage Street. Go about 1 mile and take a right on Keller-Andrews Road.

From the South East, go to Hwy 1 north. Go to Sanford and get off on the Hwy 42 exit. At the exit take a right. You will go about 1.5 miles and take a right onto Carthage Street. Go about 1 mile and take a right onto Keller-Andrews Road.

For more information, visit www.runnc.com, or contact Stephanie Larsen at (919) 718-1437, or email presidentsdayfreedomrun1@gmail.com.

Sixth Annual Freedom Run Registration Form

First Name: _____

Last Name: _____

Street Address: _____

City: _____ ST: _____ ZIP: _____

Phone #: _____ Age as of 2/14/2009 _____

Date of Birth: _____ Sex: M F

Email address: _____

Entry Fee: **Fun Run:** \$10

5K	Before 1/15:	\$15	
	From 1/15 to 2/11:	\$17	
	After 2/11	\$20	\$ _____

T-shirt: \$6 Adult Sizes and \$5 for Child Sizes

Circle Size:	Adult:	S	M	L	XL
	Child:		M	L	

Add \$2 for XXL \$ _____

Donation to BSA Troop 806 \$ _____

Total Enclosed: _____ = \$ _____
 (Make Checks Payable to Troop 806)

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter a run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to: falls, contact with other participants, the effect of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risk being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting this entry, I for myself and anyone entitled to act on my behalf, waive and release all volunteers, the Boy Scouts of America, BSA Troop 806, The Church of Jesus Christ of Latter-Day Saints, Jim Young and Associates, and all other sponsors and their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of the negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, video, or any other records of this event for any race promotional and legal purpose.

Signature: _____
 (Parent or guardian if under 18)

Date: _____