

HELP US ENRICH OUR COMMUNITY

# RUN/WALK TO SUPPORT OUR COMMUNITY



## RACE SCHEDULE

Saturday, October 5, 2019

Race Day Registration/Bib Pickup

--- Pratt Park - 6:30-8:15am

5K Run/Walk - 8:30am

Age 8 and up - \$30

7 & UNDER - FREE

KID5 1 Mile Fun Run/Walk -

9:30am - \$10.00

Online Registration:

kofcfreedom5k.com

## AWARDS

Top 2 Overall Male & Female 5K and

1 Mile Run (ages 12 & younger)

Top 2 Male & Female

in Each Age Category will receive awards:

13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

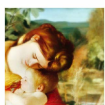
## MUSIC

by Marcus, The One Man Band



The Fredericksburg Area Food Truck will be collecting non-perishable donations.  
**Your support is greatly needed and appreciated!**

## 100% OF DONATIONS WILL BENEFIT



Mary's Shelter

Loisann's  
**HOPE** House

**B** Birthright  
Fredericksburg

### THE FOLLOWING ORGANIZATIONS WILL BE IN ATTENDANCE

Fredericksburg Area  
Food Bank

National Alliance on  
Mental Illness

Christ the King  
Bookstore

American Suicide  
Prevention

Life Runners

Majik Scents

Food Coop

Green Fitness

Fredericksburg Area  
Service League

**Spaces are available — Contact us to reserve your spot**

### 2019 SPONSORS



**CHRISTIAN P.  
KAILA & ASSOCIATES**



**837DESIGN**



**weis**



**SPONSOR OPPORTUNITIES STILL AVAILABLE - CONTACT US TO LEARN MORE**



**KOFCFREEDOM5K.COM**



**@KOFCFREEDOM5K**

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# REGISTRATION FORM



FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_

BIRTH DATE \_\_\_\_\_ GENDER ☐ MALE ☐ FEMALE

EMAIL \_\_\_\_\_ PHONE \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

CHOOSE A RACE TO ENTER ☐ 5K RUN ☐ 5K WALK ☐ KIDS 1-MILER

**FREEDOM 5K SHIRT - \$10 - (please circle your size - add \$5 for 3XL or 4XL selection)**

YS YM YL YXL AS AM AL AXL AXXL A3XL A4XL

**ADULT 5K WALK/RUN - \$30**

**CHILD (7 & UNDER) 5K WALK/RUN - FREE**

**KIDS FUN RUN 1-MILER - \$10**

*Please make checks payable to: K of C #4034 Freedom 5K*

## WAIVER

Entry invalid if not signed. In consideration of the foregoing, I, the undersigned, assume full and complete responsibility for any injury or accident which may occur during my participation in this event, or while I am on the premises of the event. I hereby release any sponsors, promoters, contributors and all other entities associated with this event and their agents, or employees from any or all injury or damage, whether such injury or damage be caused by negligence. This includes but is not limited to, John Lee Pratt Park, the City of Fredericksburg, and the Knights of Columbus. I also grant permission to use my/my child's likeness for publicity of the event. I have read the release and certify my agreement or my parent's or guardian's if under 18 years of age.

☐ By checking this box, I agree to the waiver above.

Signature (parent/guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_

*Please mail all registrations no later than September 19 to:*

**Stephen Stoecker  
Attn: Freedom 5K  
218 Aquia Bay Avenue  
Stafford, VA 22554**