

HELP US ENRICH OUR COMMUNITY

RUN/WALK TO SUPPORT OUR COMMUNITY

KNIGHTS OF COLUMBUS

FREEDOM

5K

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

Life Runners

National Alliance on
Mental Illness

Majik Scents

Christ the King
Bookstore

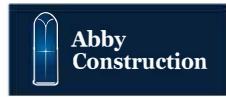
Food Coop

Green Fitness

American Suicide
Prevention

Spaces are available — Contact us to reserve your spot

Fredericksburg Area
Service League



CHRISTIAN P.
KAILA & ASSOCIATES

837DESIGN



weis



Majik
Scents



2019 SPONSORS



HELP US ENRICH OUR COMMUNITY

REGISTRATION FORM

KNIGHTS OF COLUMBUS

FREEDOM

5K

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