

30th Annual FREEDOM RUN

AWARDS

Awards will be given to runners who are the overall male & female, and to the top runners in six age divisions for men & women, in both running events.

Age Divisions: 15 & Under, 16-25, 26-35, 36-45, 46-55, and 56 & Over

Date: 07/04/09

Time: 7:30AM

Pre-register by: 06/20/09

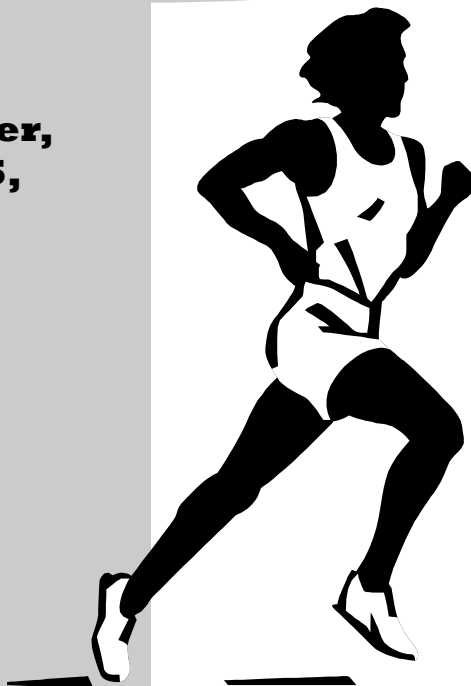
Entry fees:

- Early entrants will receive a FREE commemorative T-shirt if reg. by 6/20.
- \$12.00 if pre-registered by June 20, 2009
- \$15.00 if registered by June 24, 2009
- \$5.00 for race-day registration + \$15 if you would like a t-shirt mailed to you after the race

Course: 15K & 5K Runners & Walkers will cover flat land between Lyons & Sterling along Highway 96/14. 15K begins at Lyons High School and 5K begins 2 miles North of Sterling at "Alden Road." Both races end at the Sterling Lake entrance. Traffic will not be stopped along the highway. The course will be patrolled by local law enforcement.

For more information or to register, contact:

Lyons Recreation Commission
620-257-5412 or LRC@lrc.kscoxmail.com



Race Day Schedule:
6:30 a.m. Race Registration & Packet Pick-up at your race site.
7:20 a.m. Race Instructions
7:30 a.m. Race Begins

Aid & Water Stations will be provided along the route.

Transportation will be provided back to the start of the race following the awards presentation.

For the 6th year in a row, we are partnering with Habitat For Humanity to run (or walk) for a cause! See enclosed flyer for more information.

Sponsored by:



LRC

Lyons Recreation Commission

Hospital District #1

SONIC DRIVE-IN

WENDY'S



Name	Sex	Age on Race Day	Race (5K or 15K)	T-shirt or Tank Top?	Shirt Size

Waiver: I for myself, executors and administrators, do hereby release the LRC & Hospital District #1 of Rice County, meet officials & directors from all claims of demands, damages, actions & causes of actions, whatsoever, in any manner arriving or growing out of my participation in said race. I certify that I have prepared myself for this event & I am in adequate physical condition to complete this event.

Address _____

Email Address _____

Signature OR
Signature of parent or guardian if under 18 years of age.

City, State, Zip _____

Mail form and entry fee to: Lyons Recreation Commission, 1201 S. St John, P.O. Box 407, Lyons, KS 67554

Phone: 620-257-5412 Fax: 620-257-2876 Email: LRC@lrc.kscoxmail.com

Habitat for Humanity Rice County Freedom Run Pledge Sheet

Name:	Address:
Phone #:	Email:

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