

7th Annual 5K FREEDOM RUN/WALK Honoring U.S. Veterans

**Sponsored by
Knights of Columbus #4621**



When: Saturday, November 10, 2018
Time: 9:00am. Late registration 8:00-8:30am
Where: Thompson Park, Pavilion 17 (Northwest of Wonderland)
Fee: \$25 early registration before 6:00pm, November 9th. Late registration fee on race day will be \$30. **T-shirts guaranteed to all registrants paid by October 23rd.**
Registration: All mailed fees must be received by Thursday, November 08, 2018.

Make Checks Payable to:

Knights of Columbus #4621
 PO Box 7122
 Amarillo, TX 79114-7122

Form available online at
<http://www.lonestarrunnersclub.net>

Timing: Supervised by Lone Star Runners Club

Awards: Male & Female: Top overall, under 14, 15-18, 19-29, 30-39, 40-49, 50-59, 60+

Packet pickup and registration will be Friday, November 9, 2018 at *Get Fit* (1911 S. Georgia) from 4-6pm. Packets can also be picked up day of event from 8:00-8:30am.

Name _____ Age (on 11/10/18) _____

Address _____ Birthday _____

City/State/Zip _____

Email _____ Phone _____

Mark with X below:

5K
 Walk
 Male
 Female
 XS
 S
 M
 L
 XL
 XXL

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, do hereby absolutely and forever waive and release the Knights of Columbus, its officers and members from any liability for any personal injury or death arising from my participation in the scheduled Knights of Columbus 5K Freedom Run. The Knights of Columbus strongly recommends medical clearance before participating in any exercise program. I attest and verify that I am physically able and have effectively trained to complete this race. I have read the above conditions and accept them as shown by my signature.

 Signature of entrant/parent/guardian

 Date

