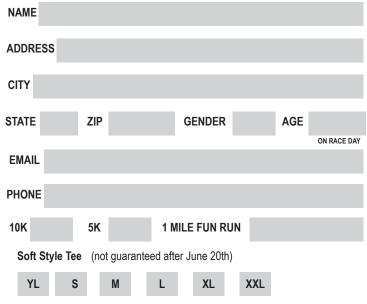
# Freedom Run 10K & 5K July 4, 2019





#### **RELEASE WAIVER**

I agree to hold Manhattan Running Company and Sundown Salute harmless as to any claim for damages for any accident or injury of any kind resulting from my participation in this race. I also give medical personnel permission to treat my injuries if I am unable to make the decision for myself.

PARTICIPANT SIGNATURE OR GUARDIAN, IF UNDER 18

and bana

DATE

# LOCATION: HERITAGE PARK - JUNCTION CITY, KS

(Washington Street Between 5th & 6th Street)

# 10K & 5K Race Time 7am | 1 Mile Fun Run 8:30am

Date: Wednesday July 4th | Awards Ceremony Following the Fun Run

On-Site Registration / Packet Pick-up 5:30am
Early Packet Pick-up at MRC July 2 10-7pm, July 3 10am-7pm at MRC 1129 Garden Way, Manhattan, KS 66502

#### For More Information Please Visit:

sundownsalute.org or manhattanrunningco.com
Race Director Trey Vernon 785-320-6363
Online Registration & Course Maps @ manhattanrunningco.com









# **PRICES**

5K \$25 until 6/20/19, \$30 after 6/20/19 10K \$30 until 6/20/19, \$35 After 6/20/19 1 Mile Fun Run: Free - No shirt \*T-shirt Not Guaranteed After 6/20/19



# **FINISHERS MEDALS!**

10K Champions Plaque & \$100 5K Champions Plaque & \$50

Finishers Medal for all Participants of 5K and 10K



# MAIL ENTRY OR DROP OFF

Manhattan Running Company 1129 Garden Way Manhattan, KS 66502