



Freedom 5K Run/Walk

Wednesday, July 4th, 2018

7:30 A.M. Gowrie, IA

Packet Pickup: 6:30 A.M. until 7:15 A.M. at the high school football field in Gowrie, IA

Early Packet Pickup: 6:00 P.M. till 7:00 P.M. at the high school football field on Tuesday, July 3rd

Registration: \$20.00 per person if entry is received on or before Wednesday, June 20th, 2018 and \$25.00 per person if received after this date.

You can sign up day of race

T-shirts: Participants will receive a t-shirt as long as you sign up on or before Wednesday, June 20th, 2018

**T-shirts are not guaranteed after this date*

Awards: Top 3 runners in their division will receive a medal

Entry Form: Entry form also available online at www.fitnesssports.com. Forms can also be emailed or mailed out to you.

Race Results: Results will be posted online at www.fitnesssports.com

Timing will be done by The Open Road Chip Timing, LLC

Information: Contact Brad Lane at 515-351-0136 or brad@securitysavingsbank.com

Matt Fevold at 515-571-4748 or mfevold@gmail.com

Race Benefits Community Projects

Mail race entry to Brad Lane, P.O. Box 189, Gowrie, IA 50543

Make checks payable to G3G

Please Print

Name: _____ Age on July 4, 2018: _____

Mailing Address: _____
Mailing Address City, State Zip Code

Phone: _____ Gender (please circle): **Male** **Female**

Email Address: _____

Shirt Size (please circle): **Adult** S M L XL XXL **Youth** M L

Waiver: In consideration of acceptance of this entry, I intend to be legally bound hereby, for myself, my heirs, executors, and administrators, waive and release any and all right or claim for damages I may have or that may hereafter accrue to me against all sponsors, supporters, and officials associated with the Freedom 5K, their representatives, successors, and assigns for any injuries incurred by me during, because of, or in travels to or from the Freedom 5k.

Signature: _____ Date: _____

If participant is under 18, parent or guardian must also sign