



FREEDOM **RUN** WALK **5K**

PROUDLY SUPPORTING



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YOUR PHONE
CAMERA FOR
MORE DETAILS

SATURDAY, OCTOBER 19TH • 9AM

SALISBURY COMMUNITY PARK • 750 WHITE HORSE ROAD, GAP, PA

CAUSE: The Freedom 5K Run/Walk will benefit All Things Possible to help children, women, and members of our military discover new hope and experience lasting changes after trauma. Programs include:

- Pedophile Hunter Fund to Fight Traffickers and Pedophiles
- House of Refuge to provide housing, supplies and clothing for women who have been the victims of sex trafficking, abuse and domestic violence.
- Project Restore to provide medical support for children who have suffered life-threatening trauma and deformity.
- Lion & Lamb Comfort Toys for displaced children living in IDP Camps.
- Curriculum & Films distributed to men and women suffering from PTSD.

COURSE: The 5K course is comprised of four laps around the park. The paved surface contains low grade inclines and declines and meanders through trees and around ball fields in beautiful Lancaster County.

COST: \$35 if registered by Sept 30th; \$45 after that date until midnight Oct 16th; \$55 after that date including race day
Price includes a shirt.

CHILDREN: Family and friends are invited to attend this community event along with the participants. (Strollers welcome!) The park features a playground, and a variety of children's activities will be available free of charge. (There will also be a free Trunk-or-Treat following the 5K, at 11am.)

AWARDS: Medals will be given to overall male and female finishers, and the top three male and female finishers in the following age groups: 19 and under; 20-29; 30-39; 40-49; 50-59; 60+

RESULTS: Finish Line & Timing Service provided by Pretzel City Sports. Results will be posted on pretzelcitysports.com.

MAIL-IN REGISTRATION: Checks Payable to Freedom Life | Send to Freedom Life Church, PO Box 10, Christiana, PA 17509

Full Name: _____ **Gender:** M / F **Age on Race Day:** _____ **T-Shirt Size:** 2XL XL L M S

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Email Address: _____ **Phone Number:** _____

Waiver/Release: I hereby waive claims against the race director, race officials, volunteers, sponsors, townships, government officials, Freedom Life Church, and all associated representatives and successors of the aforementioned, from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running, walking, falling, weather, contact with others, and course conditions. I also grant full permission for organizers to use my name and/or pictures in legitimate accounts and promotions of this event.

Signature: _____ **Date:** _____