

# Freedom Run 10K & 5K

## July 4, 2019



NAME

ADDRESS

CITY

STATE  ZIP  GENDER  AGE   
ON RACE DAY

EMAIL

PHONE

10K  5K  1 MILE FUN RUN

Soft Style Tee (not guaranteed after June 20th)

YL  S  M  L  XL  XXL

### 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 DATE

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**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](http://sundownsalute.org) or [manhattanrunningco.com](http://manhattanrunningco.com)

Race Director Trey Vernon 785-320-6363

Online Registration & Course Maps @ [manhattanrunningco.com](http://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

Junction City Municipal Building  
700 N. Jefferson  
Junction City, KS