

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 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