



6th Annual Freedom Run 5K



Saturday, October 24, 2009 9:45 A.M.

The Freedom Run is in association with the BRIDGES Walk for a Just Community. For the past ten years, the Walk, formerly known as the Walk as One, has been an inspiring event promoting inclusion, equity, and justice for all! Proceeds benefit the critical programs of both BRIDGES for a Just Community and the National Underground Railroad Freedom Center.

Course - New for 2009: Scenic 5 kilometer course begins and ends at Sawyer Point. Cross the Ohio via Purple People Bridge, tour of Newport and return via the Taylor Southgate Bridge.

Race Divisions: 12/under, 13-18,19-24, 25-29, 30-34, 35-39, 40-44, 45-49,50-54, 55-59, 60-64, 65-69, 70/over.

Awards: Overall Male and Overall Female Runner and Top 15% in each age group based on pre-registration.

Post-Race: After the Walk and Run, we'll have lots of food, drinks and entertainment from local dance troupes, choirs, and other artists. This celebration is truly a display of the rich ethnic and cultural compilation of our region.

Directions: I-71 or I-75 to Downtown Cincinnati Riverfront. Sawyer Point is on the riverfront just east of the Ballpark.

Runners and Walkers may also raise pledges.
For fund-raising information, visit:
www.firstgiving.com/bridgeswalk

Pre-Registration: \$25. All registrations include a quality T-shirt and post-race party.

Postmark mailed entries by Oct. 17th
Register Online through Oct. 22nd

Late/Race-Day Registration: \$30. Includes post-race party and t-shirt while supplies last.

Race-day Registration and number pickup: Begins at 8:15 AM at Sawyer Point.

Contact:

Greg McCormick at 513-652-6225

For complete information, online registration, detailed directions, course map and description, parking information, printable entry and results, visit:

www.RunningTime.net

Freedom Run Entry Form

Name: _____

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

Email: _____@_____

Phone: _____

Age (as of 10/24/09) _____

Sex: M F

T-shirt: S M L XL

WAIVER: In consideration of the acceptance of my entry, I hereby waive on behalf of my heirs, executors and assigns, all claims of any nature arising from my participation in the Freedom Run 5K and do hereby release Bridges for a Just Community, Running Time LLC, and all sponsors, workers, officials and volunteers from any claim whatsoever arising from my participation in this event. I agree to abide by all the rules for participation, and acknowledge that the Race Director may refuse or return my entry at their discretion. I understand the risks for such a run and have trained adequately in preparation and I agree to pay for my own medical expenses in the case of an accident or illness regardless of whether I have authorized such expenses. I have noted any medical condition on the reverse of this form. I permit use of my name and picture in this event for publicity.

Signature _____ Date: _____

Parent's Signature (for entrants under age) _____ Date: _____

Emergency Contact: _____ Phone (or put "at race") _____

Make checks payable to: "BRIDGES"
Mail to: Freedom Run, c/o Greg McCormick, 10119 Crosier Lane, Cincinnati, OH 45242