



Little Falls Lumber Co., Inc

### **37th ANNUAL**

## **Little Falls Lumber Co. FREEDOM RUN**

**Little Falls Family YMCA**

**10k & 2 Mile**

**Road Races (Timed)**

**2 Mile Walk (Untimed)**

**Saturday,**

**August 12, 2017 8:30 a.m.**

#### **\*OTHER SPECIAL EVENTS\***

Wednesday August 9

Paddles Along the Erie Canoe/Kayak Fun Paddle

Thursday August 10

Blumberg & Carrig "Double Dog Dare"

Saturday August 12

Sheriff Chris Farber's Youth Freedom 1/2 Mile Fun Run

**\*SEPARATE APPLICATIONS AVAILABLE AT THE Y\***

Or online at [www.littlefallsny.com](http://www.littlefallsny.com)

Bulk Rate  
U.S. Postage  
PAID  
Permit #6  
Little Falls, NY

**RETURN SERVICE REQUESTED**

The Little Falls Family YMCA  
15 Jackson Street  
Little Falls, NY 13365  
Telephone: 315-823-1740  
[www.lfymca.com](http://www.lfymca.com)



## **Little Falls Canal Celebration**

**August 7th - 13th 2017**

- Parade
- Car Show
- Community Picnic
- Canoe & Kayak Fun Paddle
- Music
- Food Festival
- Sidewalk Sales
- Craft Fairs
- Kids Rides
- Rock Climbing at Moss Island
- Fishing Derbies
- Boat Rides
- Walking Tours
- Kayak Tour Lock 17 and Moss Island
- FIREWORKS!**

# **COME CELEBRATE**

**COURSE:**  
**10k:** Start & Finish near the YMCA  
 Changing terrain with challenging hills through the streets of Little Falls Water & Gatorade on 2 & 5 mile points and at finish line

**2 Mile Run**  
 \* 2 Mile Walk  
 (Flat with some hills)  
 Water at finish line

**Location & Info:**  
 Little Falls Family YMCA  
 15 Jackson Street  
 Little Falls, NY 13365  
 (315)823-1740  
 www.lfymca.com

**FEES:**  
 Runners: \$20 registration

**Walkers:** \$20 registration

**TIMES:**  
 Check-in: 7:45 a.m.  
 Start: 8:30 a.m.

**T-SHIRTS:**  
 To the first 125 pre-registered participants

**AWARDS:**  
 1st & 2nd in each division  
 Top 10k male/female

**COURSE RECORD:**  
 Special award to top male/female setting course record.



**2 MILE RECORDS:**  
 Karen Underwood 11:49  
 Chris Gelman 9:42

**10K RECORDS:**  
 Patty Wiegand 34:19  
 Jerry Lawson 30:27

**RACE FACILITIES:**  
 Locker room & shower at YMCA  
 Post race refreshments  
 Award ceremony at the end of the race

**SPONSORED BY:**  
 Little Falls Lumber Company  
 Little Falls Family YMCA

**KIDDIE RUN**  
**SPONSORED BY:**  
 Sheriff, Chris Farber  
 (see separate application)

Freedom Run Application

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Age: \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_

T-Shirt Size: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

Application continues on next side.  
 Please complete & submit both.  
 Thank you.

**EVENT (check one)**

\*10k Division:  
 17 & Under \_\_\_

18-29 \_\_\_

30-39 \_\_\_

40-49 \_\_\_

50-59 \_\_\_

60-69 \_\_\_

70+ \_\_\_

\*2 Mile Division:

13 & Under \_\_\_

14-17 \_\_\_

18-29 \_\_\_

30-39 \_\_\_

40-49 \_\_\_

50-59 \_\_\_

60-69 \_\_\_

70+ \_\_\_

\_\_\_\_ Walk (Open division, untimed)  
 Complete application and make  
 all checks payable to

Little Falls Family YMCA and return to:

Little Falls Family YMCA

15 Jackson Street

Little Falls, NY 13365

**WAIVER:**

*In consideration of acceptance of my entry, I, (intending to be legally bound for myself, my heirs, executors and administrators, do hereby release and discharge the City of Little Falls, The Little Falls Family YMCA, and race officials from any and all liability arising from injuries, illness or damage or loss I may suffer as a result of my participation in this event. I certify that I am in good physical condition and I freely participate in this event.*

Signature \_\_\_\_\_ Date \_\_\_\_\_

(Parent/Guardian if under 18) \_\_\_\_\_