



Little Falls Lumber Co., Inc

38th ANNUAL

**Little Falls Lumber Co.
FREEDOM RUN**

Little Falls Family YMCA

10k & 2 Mile

Road Races (Timed)

2 Mile Walk (Untimed)

Saturday,

August 11, 2017 8:30 a.m.

OTHER SPECIAL EVENTS

Wednesday August 8

Paddles Along the Erie Canoe/Kayak Fun Paddle

Thursday August 9

Blumberg & Carrig "Double Dog Dare"

Saturday August 11

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

SEPARATE APPLICATIONS AVAILABLE AT THE Y

Or online at 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



**Little Falls Canal
Celebration**

August 6th - 12th 2018

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
challenging terrain with challenging
hills through the streets of Little Falls
Water & Gatorade on 2 & 5 mile points
aid at finish line

10 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
(518)823-1740
www.lfymca.com

FEES:

Runners: \$20 registration

Walkers: \$20 registration

MES:

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

SHIRTS:

Get 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 Getman 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)