

**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 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)

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 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

**WALKER**

*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 hereby participate in this event.*

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

Print Name and number (4)