



Run / Walk For Freedom 5K

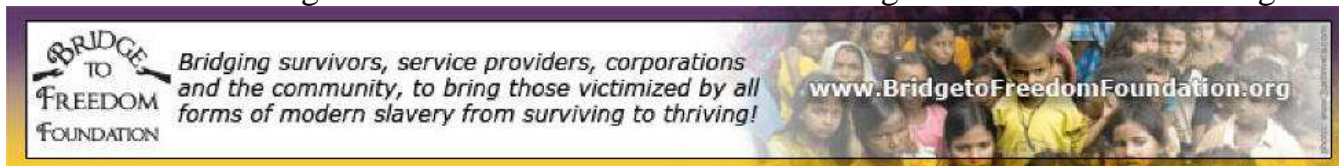
Saturday, April 28, 2012 – 9:00 AM – Fletcher's Cove – C&O Canal Towpath
4740 Canal Road NW, Washington DC 20007

Register on-line at www.safetyandhealthfoundation.org/20120428

Host:  7060 Columbia Pike, Annandale VA 22003 -- 703-916-8782
1201 South Scott Street, Arlington VA 22204 -- 703-981-8782 | 703-909-7838
4380 MacArthur Blvd NW, Washington DC 20007 -- 703-981-0895

Sponsor: 

To benefit Bridge To Freedom Foundation -- www.bridgetofreedomfoundation.org



Date / Location: Saturday, April 28, 9:00 AM, Fletcher's Cove, 4740 Canal Road NW, Washington DC 20007
Pre-race packet pick-up: Friday, April 27, 3:00-6:00 PM, Georgetown Running Company, 3401 M Street NW, Washington DC 15% discount on your purchases at packet pick-up at Georgetown Running Co. (202-337-8626)
Race-day packet pick-up: Saturday, April 28, 7:30-7:45 AM, on-site at Fletcher's Cove (no race-day registration)
Awards: Top 3 overall M & F, top 3 in age groups 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over Gift certificates from Georgetown Running Co. and other sponsors | Distinctive random awards
Entry Fees: \$25 by February 29, \$30 by March 31, \$35 by April 12, \$40 by April 27
Directions from Georgetown and points east:

- From Georgetown, go west past Key Bridge. At Foxhall Road, M Street becomes Canal Road. Continue west for 2 miles.
- Watch for Reservoir Road on right and entrance to Fletcher's Cove on left.
- CAREFULLY turn left - watch for oncoming traffic. Continue through the tunnel to free parking by Potomac River

Directions from Maryland and points west:

- From Clara Barton Parkway, go east past Chain Bridge where Canal Road begins. Cross Arizona Avenue.
- Watch for the entrance to Fletcher's Cove on the right. Be careful -- the right turn there is very sharp.
- Drive through the tunnel to free parking alongside Potomac River

Course: Out'n'back on flat C&O Canal Towpath - no cross-streets
Results by: Safety And Health Foundation, Inc.
Limit: Limited to the first 500 entrants **T-shirts:** High-quality colorful t-shirt
More information: Contact Elizabeth McClure (202-617-5708)
Registration: On-line via Active.com or by mail using the form below



Run / Walk For Freedom 5K • ENTRY FORM

Mail checks payable to **Foundation Fitness Race** and send to
Foundation Fitness, ATTN Elizabeth McClure, 4380 MacArthur Blvd NW, Washington DC 20007

By entering this event, I agree, warrant and covenant as follows: I know that running is a potentially hazardous activity. I should not enter or run in this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release Elizabeth McClure, Foundation Fitness, Bridge to Freedom Foundation, Safety And Health Foundation Inc., Princeton Running Company, USATF, The District of Columbia, and all sponsors, their directors, elected and appointed officials, employees, officers, agents, representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I acknowledge that the application fee is non-refundable. I agree that you may use my name and likeness for publicity purposes.

Signature _____ (parent or guardian if under 18)

Name _____ Gender ___ (M F) Age on 4/28/2012 ___

Address _____

City _____ ST _____ ZIP _____

E-mail _____ T-shirt size [] S M L X XX

Birthdate ___ - ___ - _____ (mm-dd-yyyy) Predicted time for 5K (3.1 miles) ___ : ___

Day Phone _____ - _____ - _____ Evening Phone _____ - _____ - _____

Enclosed is my entry fee [] \$25 by February 29 [] \$30 by March 31 [] \$35 by April 12 [] \$40 by April 27

Enclosed is an additional tax-deductible donation of \$ _____ to **Bridge to Freedom Foundation (BTFF)**