

14th Annual Sully Freedom Fun Run/Walk

1mile @ 8 AM, 5k @ 8:20 AM

Saturday, July 4, 2009

Start-Finish: The start and finish will be on the West side of the square in downtown Sully. When coming into Sully on Highway F62, turn South at Sully Farm Supply. *Parking is not allowed directly on the square.* The course will be on paved streets. The 5k will be two loops through Sully's residential areas. Walkers and runners of all abilities are encouraged in the 1 mile and 5k.

Awards: Pre-registered race participants will receive a race T-shirt. *Race day registrations are not guaranteed a shirt or shirt size.* A commemorative plaque will be given to the first three overall males and females in the 5k and to the overall male and female winners in the 1 mile run. Age group awards will also be given in the 5k. In addition, several door prizes will be given to race participants. In order to get all awards out, please stick around after the race for the awards ceremony.

Registration/Entry Fee:

- **1 mile: \$10 5K: \$15** for those registering on or before **June 26**.
T-shirts guaranteed for registrations postmarked by **June 19**.
- **1 mile: \$12 5K: \$18** for race day registrants.
Race day registrants will receive T-shirts while quantities and sizes last.
- **Make checks payable to Sully Freedom Fun Run.**
- **Packet Pick-up & Race Day Registration begins at 7:00 am.**
- Registration forms also available at www.fitnesssports.com or www.lynnville-sully.k12.is.us

Questions/Mail Registration to: Contact Darin Arkema (641) 594-2995
Sully Freedom Fun Run Darin Arkema 8067 E. 124th St. S. Sully, IA 50251
E-mail address: arkema@lynnville-sully.k12.ia.us

Food/Breakfast/Parade: There will be Gatorade, water, and food provided after the race. There is also an opportunity for breakfast directly across the street from the finish line put on by the Sully Faithwalkers. It is a free-will donation pancake breakfast. The Sully 4th of July parade and festivities begin shortly after the race, so we invite all of you to stick around for the various activities throughout the day.

Name _____ Phone _____

Address (Street, City, State, Zip Code) _____

Adult Shirt Size: S M L XL E-Mail Address: _____
(Used to contact participants with results and future races. Not given to 3rd parties.)

Age on 7-4-08 _____ Sex: M F Event: 1mile 5k

In consideration of your acceptance of the entry, I hereby for myself, my heirs, executors, and administrators waive any and all rights and claims for damages I may have against individuals associated with the event, all sponsors, supporters, officials, representatives, successors, and assigns for any and all injuries suffered by me during, because of, or in travel to and from said event. I attest and verify that I have full knowledge of the risk involved in this event and I am physically fit and sufficiently prepared to participate in this event.

Signature of Participant or Guardian if under 18

Date