

# NORTH CAROLINA FREEDOM RUN

## 29TH ANNUAL FREEDOM RUN AND WALK FREEDOM RUN

Sponsored by



**Registration Fee is non-refundable. No bikes, pets, strollers, headphones or roller blades please.**



**REGISTRATION FORM  
WAIVER AND RELEASE  
(PLEASE READ CAREFULLY)**

### Events

**Date:** June 30, 2007

**Distance:** 5K Freedom Run/Walk  
& 1 mile Freedom Run/Walk

**Time:** 5K 8:00am Start  
1 Mile approximately 8:45am

### Registration

**Pre-race postmarked by June 22nd -** \$20.00 will include Freedom Run Shirt in size and quantities while they last - 1st priority will be given to those pre-registered. "No Shows" will forfeit their shirts to race day participants if the shirt is not picked up by 7:55am on race day.

**Shirt Pick Up and Registration** will take place Friday, June 29th from 6:00pm to 8:00pm and Saturday, June 30th from 6:15am to 7:55am at Waterfront Park, Southport.

**REGISTRATION: Mail registration form to NC Freedom Run, c/o Phil Fravel, PO Box 10069, Southport, NC 28461 by June 22, 2007.**

### Awards

**Prizes Provided by  
Michelle Spencer, Clay Artisan**

**Awards- (winners must be present at the awards ceremony to receive prizes) :**

5K Run - 1st, 2nd, and 3rd overall male and female and 1st, 2nd, and 3rd in each age category for male and female.

**Age Categories:** 13 and under, 14-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and up. *(Overall winners are not eligible for age group awards.)*

1 Mile Freedom Run/Walk- 1st, 2nd, and 3rd place for overall male and female.

### Course

**Course:** The 5000 meter Freedom Run follows a course through Historic Southport along the waterfront of the Cape Fear River. The course is paved asphalt and is mostly flat.

Waiver Liability: "I hereby release all sponsors, volunteers and promoters of this event from any and all liability. I hereby certify that I am in proper physical condition for the distance indicated on this form. I also agree the decision of the race officials are to be final. I also give my permission for the free and unrestricted use of my name and picture in any broadcast or written account of the event"

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Name

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Street

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City

State

Zip

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Phone

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Email

Age: (As of June 30, 2007) \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Male: \_\_\_\_\_ Female: \_\_\_\_\_

Select Event: 1 Mile\_\_\_\_ 5K\_\_\_\_ Both\_\_\_\_ (\$40.00 fee)

Shirt Size: (Circle) M LG XL (**Adult Sizes Only**)

Shirt Preference: (Circle) T-Shirt Tank

Runner's Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent or Guardian if Under 18 Years of Age)



## For More Information Call

Phil Fravel or Danielle van Vuuren  
Monday-Friday at 910-457-5246 from  
8:30am to 5:00pm

[email: phil.fravel@security-savings.com](mailto:phil.fravel@security-savings.com)

[email: dvuuren@security-savings.com](mailto:dvuuren@security-savings.com)

Make Checks Payable To:  
NC Freedom Run

Mail Application to:  
NC Freedom Run  
c/o Phil Fravel  
PO Box 10069  
Southport, NC 28461

Download Race Registration Form at:  
[www.nc4thofjuly.com](http://www.nc4thofjuly.com)

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The North Carolina Fourth of July Festival, Inc.  
Freedom Run  
PO Box 10069  
Southport, NC 28461

## 29TH ANNUAL FREEDOM RUN & WALK

NORTH CAROLINA  
4TH OF JULY FESTIVAL

*Freedom Run*



Southport

Saturday  
June 30, 2007

Southport, North Carolina