

## Event Schedule Monday, July 4, 2011

All participants of the 5K and 10K will receive a race t-shirt if Entry Form and Entry Fee are postmarked by June 19, 2011. After June 19 t-shirts not guaranteed.

6:15 am - Race day registration and Race day packet pickup begins

7:00 am - **5K** Run begins between 5th and 6th Streets on Washington Street

7:30 am - **10K** Run begins between 5th and 6th Streets on Washington Street

9:00 - 1 mile fun run begins

Awards ceremony will follow race in the park.

Join Us With  
Performances By:  
Foghat - July 4th

And MUCH MUCH more  
Check out our full schedule of  
activities from July 1 - July 4 at

[www.sundownsalute.org](http://www.sundownsalute.org)



Sponsored By: Sundown Salute Inc.  
Special thanks to:  
Manhattan Running Company,  
Water Stops, Road Guards, Timers,  
Registration Table, Finish Line Crew,  
Junction City Fire Department,  
Junction City Police Department,  
& Geary County Sheriff  
Department.

Proceeds from this event will be donated  
to the Sundown Salute Celebration.

## 35th Annual Coors Freedom Run

Heritage Park  
Junction City, KS  
July 4, 2011



You may also register  
at [Active.com](http://Active.com)

# Entry Form

Monday, July 4, 2011

**ENTRY FEES 10K & 5K** - \$25 entry fee for 10K if received or postmarked by June 19, 2011. After June 19 and race day, entry fee is \$30. \$20 entry fee for 5K if received or postmarked by June 19, 2011. After June 19 and race day, entry fee is \$25. No Fee for Fun Run. Entry Fee must accompany entry form, and is non-refundable, You may copy this form for additional entries. Make checks payable to: Sundown Salute, Inc.. Online registration & credit card payments may be made at [active.com](http://active.com)

Mail Entries To: **Manhattan Running Co.**  
**3015 Anderson Ave**  
**Manhattan, KS 66503**

Please Circle One: 10K or 5K or 1 Mile Fun Run

Name (print) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone(day) \_\_\_\_\_ (home) \_\_\_\_\_

E-Mail \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age on race day \_\_\_\_\_

Please Circle: MALE or FEMALE

Shirt Size: S M L XL XXL Youth L

RELEASE AND WAIVER: In consideration of your acceptance of this entry, I hereby, for myself, my heirs, my executors and administrators, waive any and all of my rights and claims for damages I may have against sponsors, coordinating groups, and any individuals associated with the event, their representatives, successors and assigns for any and all injuries suffered by me in connection with said event. In filling out this form, I acknowledge that I am an amateur in such events. I also give my permission for the free use of my name and picture in any broadcast, telecast or print media account for this event. In filling out this form I acknowledge I have read and fully understand my own liability and do accept the restrictions.

Signature

Date

## 10 K (6.2 Miles)

### USAT&F Certified Course #KS02019BG

Race starts on Washington Street, between 5th and 6th Streets, goes North to 18th Street, against traffic, left on 18th Street against traffic to Jackson, go thru intersection, against traffic to Highway Business 57 to the turn around point at the 3 mile point, go across highway come back again facing traffic, now you are on the old course.



## 5 K (3.1 Miles)

Race starts on Washington Street, between 5th and 6th Streets, goes North to 18th Street, against traffic, left on 18th Street against traffic to Jackson, go thru intersection, against traffic to Highway Business 57 to the turn around point. Continue on Jackson Street. Turn left on 5th Street continue to the park. There will be road guards, Geary County deputies and Junction City police throughout the course. For traffic control and safety, a limit time will be 1 hour and 35 minutes for the race. **WALKMANS OR HEADSETS ARE NOT ALLOWED! SMALL BIKES AND STROLLERS NOT ALLOWED!**

**1 Mile Fun Run is FREE but all entrants must sign release waiver before the race.**

**Entry Forms may be picked up or dropped off at :**

**Manhattan Running Company,  
3015 Anderson Ave., Manhattan, KS or**

**Salina Running Company  
122 S. Santa Fe, Salina, KS or**

**Junction City Municipal Building  
700 N. Jefferson, Junction City, KS**

Entry Forms may also be picked up on race day at start line

**Race Director, Trey Vernon  
Manhattan Running Company**

## AWARDS

Plaques will be given to the overall male and female finishers. First through third place in each division will receive medals. One Mile runners compete in only one division. Fun Run awards and prizes to first 50 finishers.

**Each master age division winner (male and female) will receive \$25.00 cash plus medal. \$15.00 cash will be awarded for second place, and \$10.00 cash for third place.**

\$100.00 will be awarded to any officially entered participant who breaks the overall race record of Male or Female, plus Masters Male or Female Record. Record times available on request.

**Registered overall male winner and overall female winner of the 10K will receive \$100.00. Male and female winners of the 5K will receive \$50.00. Subject to NCAA regulations.**

### Age Divisions

Men	Women
16 - under	16 - under
17 - 24	17 - 24
25 - 34	25 - 34
35 - 39	35 - 39
40 - 44	40 - 44
45 - 49	45 - 49
50 - 54	50 - 54
55 - 59	55 - 59
60 - 69	60 - 69
70 - over	70 - over

Get more information at:

[www.sundownsalute.org](http://www.sundownsalute.org)

[www.manhattanrunningco.com](http://www.manhattanrunningco.com)

**Everyone Welcome**