

## Event Schedule

Saturday, July 4, 2009

All participants of 10K will receive a race t-shirt if Entry Form and Entry Fee are postmarked by June 20, 2009. After June 20 t-shirts not guaranteed.

6:30 am - Race day registration and Race day packet pickup begins

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.

\*The races will be run rain or shine\*

## Join Us With Performances By:

FIREFALL - July 2, 2009  
GRAND FUNK RAILROAD -  
July 4, 2009

And MUCH MUCH more.

Check out our full schedule of activities from June 29 - July 5 at [www.sundownsalute.org](http://www.sundownsalute.org)

# Sundown SALUTE

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

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

## 33rd Annual Coors Freedom Run

Junction City, KS  
July 4, 2009



# Entry Form

## Saturday, July 4, 2009

**ENTRY FEES 10K** - \$20 entry fee if received or postmarked by June 20, 2009. After June 20 and race day, entry fee is \$25. No Fee for Fun Run. Entry Fee must accompany entry form, and is not refundable. You may copy this form for additional entries. Make checks payable to: Sundown Salute, Inc.

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

Please Circle One: **10K** or **1 Mile Fun Run - Free**

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 through 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. **WALKMANS OR HEADSETS ARE NOT ALLOWED ! SMALL BIKES AND STROLLERS NOT ALLOWED!** There will be road guards, Geary County deputies and Junction City police throughout the course. For traffic control and safety, limit time will be 1 hour and 35 minutes for the race.



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

**Entry Forms may be dropped off at :  
 Manhattan Running Company,  
 3015 Anderson Ave., Manhattan, KS or**

**Junction City Police Department  
 210 E. 9th St., Junction City, KS or**

**YMCA  
 1703 McFarland Road  
 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 will receive \$200.00. Subject to NCAA regulations.**

Age Divisions	
Men	Women
16 - under	16 - under
17 - 24	17 - 20
25 - 34	21 - 25
35 - 39	26 - 29
40 - 44	30 - 39
45 - 49	40 - 49
50 - 54	50 - over
55 - 59	
60 - 69	
70 - over	

Get more information at:

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

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

**Everyone Welcome**