

Lenexa Freedom Run
13420 Oak Street
Lenexa, Kansas 66215-3652

Address Correction Requested

PRSR STD
US POSTAGE
PAID
SHAWNEE MISSION KS
PERMIT NO 190

33rd Annual

www.lenexafreedomrun.org



Presented by 94.9 KCMO

July 4, 2011

WALK IN REGISTRATION:

Available April 1 to race day during normal office hours.
Monday - Friday 8 a.m. - 6 p.m.

MAIL IN REGISTRATION:

Must be received by 5 p.m. on Wednesday, June 29.

ONLINE REGISTRATION INFORMATION:

Online registration open until 5 p.m. Wednesday, June 29.

CHIP TIMING WILL BE USED FOR THIS RACE

All chips must be returned upon completion of the race.
A fee will be charged for chips not turned in. Chips are handed out during packet pick-up.

7 a.m. The 2011 Lenexa Freedom Run starts in Old Town Lenexa (north side of railroad tracks)
Awards will be ready for pick-up once results are verified.

PACKET PICK UP AND REGISTRATION:

Packets for all registrations received after 5 p.m. June 29 will be available for pick up July 2. All others will be available during the following times:

JULY 1 - 3 p.m. - 7 p.m.

JULY 2 - 10 a.m. - 2 p.m.

JULY 3 - No registration available

JULY 4 - Race Day - 5:30 a.m. - 6:30 a.m.

LOCATION:

Lenexa Community Center, 13420 Oak Street,
Lenexa, Kansas, 66215. (913) 477-7100.

SPECIAL THANKS

S.M. Northwest Cross - Country and Track • Van Rose • Lenexa Boy Scout Troops • Lenexa Police Department
Lenexa Fire Department • Johnson County Med-Act • Lenexa Municipal Services - Traffic Division

33rd Annual Lenexa Freedom Run, July 4, 2011

\$20/person registration fee • \$25/person "Day of Race"

REGISTER ONLINE: www.lenexafreedomrun.org

Online registration available until June 29, 5 p.m.

Fee includes free T-shirt for first 1,500 registrants.

PLEASE PRINT

NAME: _____

STREET: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

Check box if this is a new address.

Daytime Phone: _____

Evening Phone: _____

Email Address: _____

Check box if you are a first time participant.

BIRTH DATE: _____

Age on Race Day 7/4/2011 _____

BIRTHDATE (m/d/yr): _____

Circle Category

Wheel Chair Male Female

Wheel chair participants are welcome; call 477-7100 for information.

WAIVER OF LIABILITY

By signing below, I acknowledge and represent that I am physically fit and have trained sufficiently to participate in the Lenexa Freedom Run. I also accept any and all responsibility and hold harmless the City of Lenexa, Kansas, the Freedom Run Sponsors, and the officers, employees, volunteers, and representatives of those organizations for any injury, accident, or loss of personal or group property resulting from my participation in the Lenexa Freedom Run. By signing below, the undersigned authorizes the City of Lenexa, Kansas, to use at its discretion any photograph(s) and/or video tape(s) taken of the undersigned while participating in the program and further waives any and all claims that the undersigned, their heirs, executors, administrators, or assigns may have resulting from the use of said photograph(s) and/or video tape(s). In addition, the undersigned understands that this event may be filmed and broadcast via webcam, and specifically consents thereto.

Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

(If participant is under 18 years old)

Return this form, accompanied by the registration fee to:

LENEXA FREEDOM RUN

13420 Oak Street
Lenexa, Kansas 66215-3652

IMPORTANT INFORMATION

For your health & safety during the race:

During the month of July, high heat and humidity can be extremely dangerous and possibly fatal to runners. Most victims of heat exhaustion and heat stroke are dehydrated prior to running. Please follow these precautions prior to running in any race.

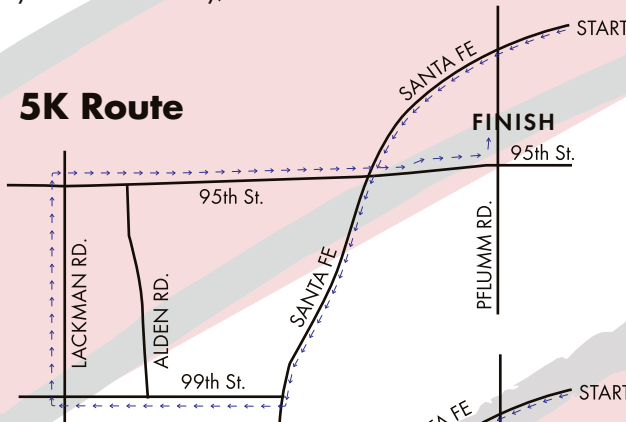
or if you stop sweating during the race. Runners do not have to choose the 10k or 5k distance until the 2.7 mile marker at Santa Fe Trail Drive and 95th Street. Aid stations and water sprays will be located throughout the race and at the finish line.

Make sure that you are in top physical condition before running the race.

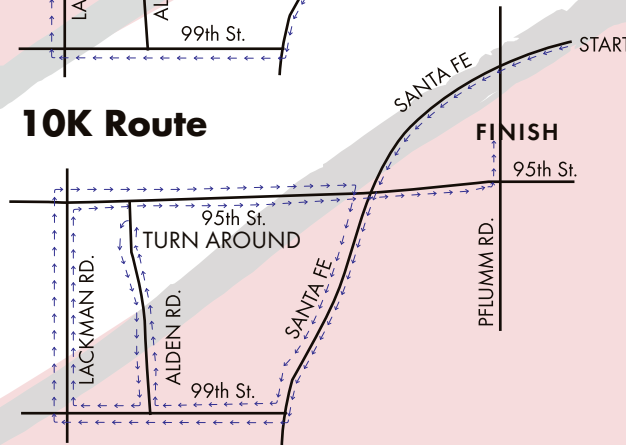
Upon completion, verify your time and information. Report all discrepancies immediately. For the safety of the runners, headphones and dogs will not be allowed on the course.

Drink plenty of water or liquids frequently during the race and slow down or stop if you become dizzy, chilled

5K Route



10K Route



AWARDS!

AGE GROUP	AWARD	5K	10K
13 and Under	Plaque	1	N/A
	Medals	2 - 5	
14-17	Plaque	1	N/A
	Medals	2 - 10	
17 and Under	Plaque	N/A	1
	Medals		2 - 5
18 - 20	Plaque	1	1
	Medals	2 - 5	2 - 5
21 - 24	Plaque	1	1
	Medals	2 - 5	2 - 5
25 - 29	Plaque	1	1
	Medals	2 - 5	2 - 5
30 - 34	Plaque	1	1
	Medals	2 - 5	2 - 5
35 - 39	Plaque	1	1
	Medals	2 - 5	2 - 5
40 - 44	Plaque	1	1
	Medals	2 - 5	2 - 5
45 - 49	Plaque	1	1
	Medals	2 - 5	2 - 5
50 - 54	Plaque	1	1
	Medals	2 - 5	2 - 5
55 - 59	Plaque	1	1
	Medals	2 - 5	2 - 5
60 - 64	Plaque	1	1
	Medals	2 - 5	2 - 5
65 - 69	Plaque	1	1
	Medals	2 - 5	2 - 5
70 & Over	Plaque	1	1
	Medals	2 - 5	2 - 5