4th Annual USMCR Freedom 5k Run/Walk October 27, 2012 9:00 am

Registration:

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Gender Shirt Size S M L XL XXL
Cost: Early Registration Runners & Walkers \$25 Early Cottober 15, 2012 \$30
want to support the Greensboro Marines and Hope for the
Varriors™. Please accept my additional donation of

Please make checks payable to: **Marine Corps League Det 260**

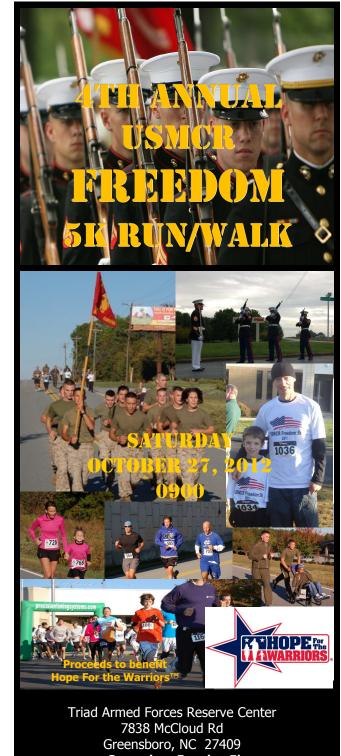
Release, Waiver Assumption of Risk & Indemnification

I know that participating in a road race/walk is a potentially hazardous activity and that I should not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with participating in the USMCR Freedom 5k Run & Walk on October 27, 2012, including, but not limited to, falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this release and knowing these facts and in consideration of your accepting my entry, I, for myself, and anyone entitled to act in my behalf, waive, release and hold harmless the United States Marine Corps, Precision Timing Systems, the City of Greensboro, all other sponsors of the race, their agents, any other persons assisting with the race and their successors from all claims or liabilities of any kind arising out of my participation in the race even though that liability may arise out of negligence or carelessness on the part of such persons or their agents. I grant unrestricted permission for the use of any photographs, motion pictures, recordings or other record of my participation in this event.

Signature	
Parent/Guardian Signature if under 18	
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c/o Marine Cor PO Box 10227 Greensboro, NC 27404 **USMCR Freedom 5k,** Corps League **Det 260**



www.GreensboroFreedom5k.com



THINK YOU CAN RUN WITH THE MARINES?



Come show your support for local Greensboro Marines and support Hope for the Warriors[™] – at the 4th Annual USMCR Freedom 5k Run/ Walk. Take part in a 5k course starting and ending at the Triad Armed Forces Reserve Center using precision timing technology. You will run with a group of local Marines, some of which will be will be running in formation and calling military cadences the entire route.

After the run/walk, take a tour of the Reserve Training Facility, where Reserve elements of the U.S. Navy, U.S. Army, and the U.S. Marines train. There will also be various items on display including military gear and weapons.

Your participation supports the Marines that live and work in our local community.

A portion of the proceeds raised will go to the Hope for the Warriors[™], in < Jacksonville, NC. Hope for the Warriors[™], a non profit organization whose mission



is to enhance quality of life for US Service Members and their families nationwide who have been adversely affected by injuries or death in the line of duty. Hope for the Warriors[™] actively seeks to ensure that the sacrifices of wounded and fallen warriors and their families are never forgotten nor their needs unmet, particularly with regard to the short and long-term care of the severely injured. They will ensure that the proceeds will be used for support of servicemen such as those housed at the Wounded Warrior Barracks at Camp Lejeune. Please visit their website at:

www.hopeforthewarriors.org

Date: Saturday, October 27, 2012

Time:

Registration: 0730 - 0845

5k Run/Walk: 0900 1030 Awards:

Tours: 0900 - 1130

Cost:

Early Registration Runners and Walkers \$25 After October 15, 2012 \$30

The race will be capped at 500 participants.

Awards:

Top 3 Overall M/F

Top 3 Masters M/F

Top 3 Age Group: 0-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

The Course:

Race will start and finish at the Triad Armed Forces Reserve Center. The course is modeled off of the actual course the Marines use to do their annual PFT (Physical Fitness Testing).

Timina:

All participants will receive a race bib with an integrated timing chip. (No need to hassle with picking up a separate chip!)

Triad Armed Forces Reserve Center:

7838 McCloud Rd, Greensboro, NC 27409 (Located near the I-40 and NC 68 Interchange)



Race T-Shirt:

All participants who are pre-registered will receive a race t-shirt.

Packet Pickup:

Packets will be available to pick up at Off 'n Running from 1 pm - 7 pm on Friday, October 26, 2012. Packet pickup is also available starting at 0730 am on race day.

We appreciate the support of our sponsors:















Return completed registration and fee to: **USMCR Freedom 5k**,

c/o Marine Corps League Det 260, PO Box 10227, Greensboro, NC 27404

Make checks payable to **MCL 260** and please put in "MEMO" on check

USMCR Freedom 5K.

Online registration available through www.GreensboroFreedom5k.com & www.precisiontimingsystems.com facebook.com/GreensboroFreedom5k For more information contact info@GreensboroFreedom5k.com

