



2019 FREEDOM RUN

Registration Form

Save Time ... Register Online at www.FreedomRunRace.org

Online registrations accepted through 12 a.m., July 2. One form per person. Photocopies accepted. No refunds. Entries must be postmarked and mailed no later than June 30. Send or bring to Mount Evans Home Health Care & Hospice, 3081 Bergen Peak Dr., Evergreen, CO 80439.

Name _____

Date of Birth _____ ☐ Male ☐ Female

Mailing address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Entry Fee

\$ _____ \$35 entry (\$40 race day)

\$ _____ \$15 children and youth 18 and under (\$20 on race day)

\$ _____ **Sleep in for Mount Evans!** I don't plan to get up that early July 4, but please accept this donation anyway!\$

_____ **TOTAL**

Payment Options

☐ Cash ☐ Check made payable to Mount Evans Hospice

☐ Visa ☐ Mastercard ☐ Discover ☐ American Express

Name on card _____ Cardholder's signature _____

Card number _____ Exp. Date _____ CSC code _____

Waiver and Release - please read and sign

In consideration of the acceptance of my entry in the Freedom Run, I, for myself, my executors, administrators and assignees, do hereby release Mount Evans Hospice, Inc., Nick's Pro Fitness, and any other contributing sponsors of this race and their respective officers, members, agents and employees for all claims arising or growing out of my participation in the Freedom Run. I attest and verify that I have knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate in this event. I also give permission for the future use of my name and picture in any event publicity or any broadcast, telecast, or online or print media account of the event. I understand that the entry fees I pay are nonrefundable.

Signature of participant (or parent/legal guardian if under 18) _____

Date _____



RETURN FORM TO:

MOUNT EVANS
HOME HEALTH CARE & HOSPICE

3081 Bergen Peak Drive ♦ Evergreen, CO 80439
303-674-6400 | www.MountEvans.org

2019 FREEDOM RUN DETAILS

Registration

Entry Fees

Adults \$35; children and youth 18 and under \$15.
Add \$5 on race day.

Register Online

Save time--register online at www.FreedomRunRace.org before 12 a.m., July 2.

Register by Mail

Request registration forms by calling 303-674-6400, then return the completed forms with your payment by June 30.

Register in Person

You can register in person through July 3 at Mount Evans Home Health Care & Hospice, 3081 Bergen Peak Drive, Evergreen. The office is open 8:30 a.m. to 5:00 p.m. Monday through Friday, closed Saturday, July 2, and open 8:30 a.m. to 6:00 p.m. Sunday, July 3.

T-shirt Pickup

You have two options for picking up your t-shirt, race bib and timing chip: 1) Stop by the Mount Evans office **Tuesday, July 3**, 8:30 a.m. – 6:00 p.m. or 2) get them at the start line on race day between 6:45 a.m. and 7:45 a.m.

Pledges and Teams

Teams

Freedom Run participants are welcome to create or join existing teams. Visit FreedomRunRace.org for details.

Gather Pledges for Mount Evans

Race participants and teams can further support community programs provided by Mount Evans Home Health Care & Hospice by gathering pledges from friends, family and co-workers. Set up your pledge page at FreedomRunRace.org, where you will be given the opportunity to designate someone to run in memory or in honor of.

Memorial/Honorary Bibs

If you run or walk in memory or in honor of a loved one or friend, free memorial/honorary bibs will be available when you pick up your race bib.

For More Information

Call 303-674-6400
or visit
www.FreedomRunRace.org
www.MountEvans.org

Event Day Details

Race and Arrival Time

The race begins promptly at 8:00 a.m. at Evergreen Middle School, 2059 Hiwan Dr., Evergreen. Be sure to arrive at least 45 minutes early to allow time to park and walk to the start line. If you haven't yet picked up your t-shirt, bib, and timing chip, you can do so at the start line. **Onsite registration opens at 6:45 a.m.**

To Reach the Start Line

From Denver, exit I-70 west onto Evergreen Parkway (Exit 252). Proceed on Hwy. 74 east 3.5 miles to Bergen Parkway (the fifth light from I-70). Turn left and volunteers will direct you to parking.

Parking and Shuttle Information

Please allow 20 to 30 minutes to walk to the start line from the parking area. After the race, free van transportation will be provided from the finish line back to the parking lot between 9 and 11 a.m.

Course

The scenic 5K (3.1-mile) course follows gently rolling terrain through residential areas, beginning at Evergreen Middle School and ending with a festive finish line at Nick's Pro Fitness. Runners will start at 8 a.m., followed by walkers. **In the interest of safety and fairness to competitive runners, strollers and leashed dogs will only be allowed at the back of the walk.**

Post-Race Party

Race participants and their families and friends are invited to join the finish-line festivities at Nick's Pro Fitness. Enjoy refreshments, music, prizes, and lots of clean mountain air! The party features fun activities for kids of all ages including a bounce house, face painting, balloon sculptures, games, music, and various vendors.

Age Categories

0-9 15-19 30-39 50-59 70-74 80+
10-14 20-29 40-49 60-69 75-79

Course Records

Men 15:03 Craig Dickson (1995)
Women 17:58 Brooke Kish (2012)