



# 10-MILE FREEDOM RUN SATURDAY - MAY 4, 2024 REGISTRATION FORM

**Registration ends May 1, 2024**  
**Registration Fee: \$15 (for 10-mile run only)**

Bib No: \_\_\_\_\_

First & Last Name: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Gender: \_\_\_\_\_

Age Category (see categories on page 2): \_\_\_\_\_

Team Name: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Email Address: \_\_\_\_\_

Shirt Size: \_\_\_\_\_

### Assumption of Risk and Release from Liability Agreement:

I understand that participation in the Freedom Run is entirely voluntary and involves physical exertion and the risk of consequential injury realize that any sport activity involves some element of risk, which I agree to assume. I will conduct myself in a safe and prudent manner while participating in this event. Moreover, I am fully informed or otherwise aware of, and fully assume, all risks to person or property in connection with my participation in the Freedom Run (including, but not limited to damage and loss of property, bodily injuries, medical treatment and death). Parents are responsible for their children at all times.

*I have read and understand the above provisions and agree to the terms for participation, as indicated by my signature below.*

\_\_\_\_\_  
Participant's/Parent's Signature (for participants under 18 years old) / Category / Date

### Photo Release Consent:

I, \_\_\_\_\_, grant permission to release photographs of myself to the United States Army Garrison Wiesbaden FMWR Marketing Department and Public Affairs Office for their use in any media outlet under the control of USAG Wiesbaden, to include AFN. I understand that all photographs of me are taken for educational purposes, program promotion and community growth. I waive the right to inspect or approve the finished product. I also understand that pictures of me will not be used in ways that are harmful or detrimental to United States Army or to any element of USAG Wiesbaden.

\_\_\_\_\_  
Participant's/Guardian's Signature



## Freedom Run Registration Information

The 10-mile run starts at 10 a.m. on May 4 and shall be open to the first 500 U.S. ID holders. There will be no race day registration. Registration officially ends May 1, 2024. To enter, complete the entry form and submit it either in-person at the Wiesbaden Sports & Fitness Center front desk or email it to [andre.d.herren.naf@army.mil](mailto:andre.d.herren.naf@army.mil). Open Monday–Friday, 5 a.m.–8 p.m., Sat–Sun, 10 a.m.–5 p.m. Applications shall be accepted through May 1, 2024. Mail the entry form to:

USAG Wiesbaden  
Unit 29623  
APO AE 09005, Box 51E

*Registrations must be received by May 1, 2024*

## Age Categories

Individual competition will be conducted in the following age categories for both Male and Female:

15-17 years of age (Youth)	40-44 years of age
18-24 years of age	45-49 years of age
25-29 years of age	50-54 years of age
30-34 years of age	55+ years of age
35-39 years of age	Wounded Warriors

## Awards

Award will be presented to the overall champion for both Men and Women and the top three finishers in each age category.

## Team Competition

Military Teams (free) must have 5 active duty participants to be eligible for Commanders Cup Points. Unit teams may be mixed with Men or Women, but all participants must be assigned to the participating units Organization's AAA-162 (unit manning roster or equivalent document). The average time of a team's last leg finisher will be used to determine the team's place of finish. Individual entry forms for each team member must be submitted together in one grouping with the AAA-162 roster to the Wiesbaden Sports & Fitness Center no later than noon on May 1, 2024. Team competitors will not be eligible for age group awards.

## 10 Mile Run

Run starts at 10 a.m. Registration is required.

## 5K Run/Walk:

Run starts at 10:15 a.m. No pre-registrations needed.

## Children's Run:

Run starts at 10:30 a.m. No pre-registrations needed.

## Race Packet Pickup

Race packets—which include race number, Jaguar timing chip, race instructions, and sponsor information—must be picked up at the Wiesbaden Sports & Fitness Center (Bldg. 1631, Clay Kaserne) no later than 9:15 a.m., May 4, 2024.

## General Information

Participants are to report to the Wiesbaden Sports & Fitness Center area by 9:30 a.m. Pre-race instructions will be given at 9:45 a.m. on the day of the run. There will be 4 water points along the 10-mile route.

## Volunteers

Volunteers are used to assist with water points and finish area administration. Each volunteer will receive one commemorative t-shirt. If interested in volunteering, please call 548-9830.

