



## FREEDOM RUN 10MILER REGISTRATION FORM (Wiesbaden Fitness Center)

**Event:** 2019 FREEDOM 10 mile Run  
**Date:** Saturday, APRIL 13, 2019  
**Time :** Starts at 9 AM  
**NO PETS/ NO STROLLERS**

**REGISTRATION FEES: \$10.00**  
**14 FEB UNTIL 11 APRIL**  
**REGISTRATION ENDS: 2030 11 APRIL 2019**

### Men's Categories

- A- Men's Open: 18-29
- B- Men's Seniors: 30-39
- C- Men's Submasters: 40-49
- D- M Men's Masters: 50+

### Women's Categories

- E- Women's Open: 18-29
- F- Women's Seniors: 30-39
- G- Women's Submasters: 40-49
- H- Women's Masters: 50+years

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

**Last Name:** \_\_\_\_\_ **First Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

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

**Gender:** \_\_\_\_\_ **Birth Date:** \_\_\_\_\_ / \_\_\_\_\_ **AGE:** \_\_\_\_\_ **T-Shirt Size:** \_\_\_\_\_

**Contact Telephone #:** \_\_\_\_\_ **Email Address:** \_\_\_\_\_

### ASSUMPTION OF RISK AND RELEASE FROM LIABILITY AGREEMENT:

I understand that participation in this event is entirely voluntary and involves physical exertion and the risk of consequential injury. I 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 his 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 this event (including, but not limited to damage and loss of property, bodily injuries, medical treatment and death). **I HAVE READ AND UNDERSTAND THE ABOVE PROVISIONS AND AGREE TO THE TERMS FOR PARTICIPATION, AS INDICATED BY MY SIGNATURE BELOW.**

\_\_\_\_\_  
**Participant's Signature**

\_\_\_\_\_  
**Date:**

**Race Number Assigned:** \_\_\_\_\_

**Category:** \_\_\_\_\_

PLEASE RETURN OR EMAIL RACE REGISTRATION FORM TO:  
[usarmy.wiesbaden.imcom-europe.list.mwr-fitness-center@mail.mil](mailto:usarmy.wiesbaden.imcom-europe.list.mwr-fitness-center@mail.mil)  
DSN 548-9830 | 0611-143-548-9830 | Lucius D. Clay Kaserne Bldg. 1631

## **FREEDOM RUN Registration Information**

The Freedom run starts at 9 a.m. and shall be open to the first 1,500 US ID holders. There will be no race day registration. To enter, the following options are available.

1) Complete the entry form and submit it, in person, to the Wiesbaden Fitness Center front desk Building 1631, located on Clay Army Airfield which is open Monday – Friday, 5 am – 8.30 pm, Sat- Sun, 10am-5 pm, or on Webtrac applications shall be accepted through 11 APRIL 2019. Only cash, checks, and credit card will be accepted during registration at the Wiesbaden Fitness Center. The applicable entry fee will of \$10.00 from 14 Feb thru 10 April, be submitted with your entry form. Checks are to be made payable to USAG Wiesbaden Sports and Fitness.

2) Mail the entry form, along with a check made payable to USAG Wiesbaden Sports Fitness, to USAG Wiesbaden, Unit 29623, APO AE 09005, and Box 51E registrations must be received by April 10, 2019.

### **Individual Competition:**

Will be conducted in the following age classifications for both Male and Female:

Male:	Female:
Open: 18-29	Open 18-29
Seniors: 30-39	Seniors: 30-39
Sub Masters: 40-49	Sub Master: 40-49
Masters: 50+	Master: 50+

### **Awards:**

Will be presented to the overall champion for both Men and Women and the top three finishers in each age classification. The overall winner shall be eligible to receive an award any age group category award.

### **Race Packet Pickup:**

Race packets, which include race number, Jaguar (computer timing chip), race instructions, and sponsor information, must be picked up at Wiesbaden Fitness building 1631, Clay Army Airfield, April 12, 8:30 a.m. to 8:00 p.m. THERE WILL BE RACE DAY PACKET PICK-UP from 7:30 AM until 8:30 AM

Jaguar RMS Timing :

Jaguar RMS tags, which are affixed to the back of race numbers, are assigned to each individual runner and; consequently, are not transferrable.

### **General Information**

- Participants are to report to the Wiesbaden Fitness Center area by 8:00 a.m. Pre-race instructions will be given at 8:30 a.m.
- Digital display clocks may available at intervals throughout the course.
- Four water points will be located along the route.

### **Volunteers:**

Volunteers are needed to assist with water points and finish area administration. All volunteers will receive commemorative T-shirt. If interested in volunteering, please call 548-9830