

FREEDOM RUN!5K

Evergreen, Colorado | July 4, 2023

Mount Evans Home Health Care & Hospice

2023 FREEDOM RUN REGISTRATION FORM

Save time & Register online by July 3 at 11:59 pm
at www.FreedomRunRace.org
or call 303-674-6400

One form per person. No refunds. Forms can be dropped off at or mailed to
Mount Evans Home Health Care & Hospice: 3081 Bergen Peak Drive, Evergreen, CO 80439.
All forms must be received by June 28 to guarantee the lowest price.
Prices increase on June 29 and again on July 4.

CONTACT INFORMATION

Name _____

Date of Birth _____ Male Female

Mailing Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Emergency Contact _____ Emergency Contact Phone _____

SELECT YOUR TICKET TYPE

- Adult Ticket (\$40 early bird / \$45 last minute / \$50 race day)
 Youth under 18 Ticket (\$20 early bird / \$25 last minute / \$30 race day)
 Sleep in for Mount Evans!
I don't plan to get up that early on July 4, so please accept this \$_____ donation.

PAYMENT OPTIONS

- Cash Check made payable to Mount Evans Home Health Care & Hospice
 Visa Mastercard Discover American Express

Name on card _____ Cardholder's Signature _____

Card number _____ Exp. Date _____ CVC Code _____

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

Date

ALL PROCEEDS BENEFIT

MOUNT EVANS
HOME HEALTH CARE & HOSPICE

Mount Evans Home Health Care & Hospice
2023 FREEDOM RUN WAIVER

In consideration of you accepting my entry to the 2023 Freedom Run, I, the participant, intending to be legally bound, do hereby waive and forever release any and all right and claims for damages or injuries that I may have against HAL Sports, Mount Evans Home Health Care & Hospice, Evergreen Athletic Club, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I understand that running/walking in this event is a potentially hazardous activity. I understand that I should not enter and participate unless I am medically able to do so and properly trained. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and I waive any and all claims which I might have based on any of those and other risks typically found in participating in this event. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any event official relative to my ability to safely complete the full course (event). I certify as a material condition to my being permitted to enter this event that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition.

By submitting this entry, I acknowledge (or acknowledge as a parent or adult guardian for all children that I am registering that are under 18 years of age) having read and agreed to the above release and waiver. Further, I grant permission to all the foregoing to use my name, voice, and images of myself in any photographs, motion pictures, results, publications, or any other print, video graphic or electronic recording of this event for legitimate purposes. I also give my permission to receive communications from the event, its sponsors, supporters, and vendors via electronic or print means.

Mount Evans Home Health Care & Hospice is a healthcare organization. Vaccinations are strongly recommended, and all Jefferson County COVID-19 protocols in place on the day of the event will be followed.

All entry fees are non-refundable. We reserve the right to postpone, change the format (for example switch to virtual), or cancel the event due to circumstances beyond our control such as a natural disaster or emergency or as required to protect the safety of participants, volunteers, and staff. No refunds will be issued under these circumstances. We reserve the right to change the details of the event without prior notice.

I understand that my entry fee is non-refundable under any circumstances. I understand that my entry and bib numbers are nontransferable without prior permission from event personnel.

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

Date

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MOUNT EVANS
HOME HEALTH CARE & HOSPICE

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Mount Evans Home Health Care & Hospice 2023 FREEDOM RUN DETAILS

Visit www.FreedomRunRace.org for more information

WHEN

Tuesday, July 4, 2023 starting promptly at 8 am.

Onsite registration opens at 7:00 am.

In the interest of safety and fairness to competitive runners, strollers and leashed dogs will only be allowed at the back.

WHERE

The scenic 5-kilometer (3.1 miles) course follows gently rolling terrain through residential areas, beginning at Evergreen Middle School and ending with a festive finish line party at Evergreen Athletic Club (formerly Nick's Pro Fitness).

Parking location

Bergen Meadow Elementary
1928 S Hiwan Drive, Evergreen, Colorado 80439

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).

Be sure to allow 20 to 30 minutes to walk from the parking area to the start line. Allow more time if registering the day of.

Start line location

Evergreen Middle School
2059 Hiwan Drive, Evergreen, Colorado 80439

SHUTTLE INFORMATION

After the race, free transportation will be provided from the finish line back to the parking lot between 9 am and 10:30 am.

T-SHIRT, RACE BIB, & TIMING CHIP PICKUP

Advance packet pickup is encouraged!

You can pick up your t-shirt, race bib, and timing chip at the Mount Evans office (3081 Bergen Peak Drive, Evergreen) at these times:

- Thursday, June 29 from 1 pm to 6 pm
- Friday, June 30 from 9 am to 3 pm
- Monday, July 3 from 9 am to 12 pm

Can't pick-up in advance? You can pick-up at the starting line on race day from 6:45 am to 7:45 am.

We encourage participants not to head toward the start line more than 20-30 minutes before the start of the race.

MEMORIAL/HONORARY BIBS

Are you walking or running in memory or in honor of a loved one? If so, free memorial/honorary bibs will be available when you pick up your race bib. We'll also have bibs available to let you share why you run.

PRIZES

Awards will be given for the fastest runners in each age and group and overall male and female runners.

POST-RACE PARTY

Race participants and their families and friends are invited to join the finish-line festivities at the Evergreen Athletic Club. Enjoy refreshments, music, prizes, and lots of clean mountain air! The party features fun activities for kids of all ages.

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