

FREEDOM RUN!5K

Evergreen, Colorado | July 4, 2024

Mount Evans Home Health Care & Hospice

2024 Freedom Run Registration Form

Save time & Register online by July 3 at 11:59 pm
at **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 26 to guarantee the lowest price.
Prices increase on June 27 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 \$_____ one-time donation
or this \$_____ monthly recurring 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
2024 FREEDOM RUN WAIVER

In consideration of you accepting my entry to the 2024 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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2024 FREEDOM RUN DETAILS
Visit FREEDOMRUNRACE.ORG for more information

About the Freedom Run

Every Fourth of July, Mount Evans Home Health Care & Hospice hosts the Freedom Run 5K in Evergreen.

The beloved community event starts at 8 am at Evergreen Middle School with a 5K run (or walk if you prefer!) that follows a scenic and hilly course through residential neighborhoods and ends with a festive after party near the finish line at the Evergreen Athletic Club.

All proceeds benefit Mount Evans Home Health Care & Hospice.



Celebrate at the Finish Line After 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.

Take time to stop by our sponsors' booths to say thank you for supporting the Freedom Run!

About Mount Evans

Mount Evans provides home health care for those recovering from an illness or injury and hospice care for those nearing the end of their life. The agency also provides caregiver and bereavement support and counseling for anyone in our mountain communities, plus operates Camp Comfort, a grief camp for children ages 6-12 who have lost a loved one.



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2024 FREEDOM RUN FAQ

Visit FREEDOMRUNRACE.ORG for more information

What time does the race start?

The race will start promptly at 8 am on Thurs, July 4.

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

Onsite registration opens at 6:45 am.

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

Where should I park?

Parking is available at 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 day of.

Where is the starting line?

Day of registration and the starting line are at
Evergreen Middle School
2059 Hiwan Drive
Evergreen, Colorado 80439

How do I get back to the start line?

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

Can I pick up my bib and t-shirt before race day?

Yes, advance packet pickup is encouraged!

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

- Monday, July 1 from 1 pm to 6 pm
- Tuesday, July 2 from 10 am to 3 pm
- Wednesday, July 3 from 10 am to 1 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.

How can I honor or remember a loved one?

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.

Are there prizes?

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

Are dogs allowed at the Freedom Run?

Well-behaved dogs on leashes are welcome both in the race and at the finish line after party.

You'll find pools of water for them to cool off in along the route and at the finish line.

Are bikes allowed on the course?

Bikes, aside from those used by security or members of the safety crew, are not allowed on the course.

Strollers are welcome.

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