

FREEDOM STEPS

5K Walk/Run
Sunday, May 1, 2016

Registration Begins at 8:00 am
Welcome/National Anthem at 8:40 am
Walk/Run Begins at 9:00 AM
Awards/Closing follow finish

Masons Mill Park
3500 Masons Mill Road
Huntingdon Valley, PA 19006

Awards ~

- First 3 finishers male & female under 18
- First 3 finishers male & female age 19-34
- First 3 finishers male & female age 35-54
- First 3 finishers male & female 55 & over

Refreshments will be provided

Please be sure to visit us at:
www.Facebook.com/FreedomSteps or
www.freedomsteps5k.com for updates and
more information.

Contact Lorna Salazar @ 215-657-3992 or
email FreedomSteps5k@gmail.com
for any questions, comments, etc.

Supplies Needed for Troops

Our soldiers deployed around the
world are in need of supplies.

Some of these items include:

- ~Dental Floss
- ~Chap Stick
- ~Deodorant
- ~Drink Mixes
- ~Instant Coffee
- ~Nail Clippers
- ~Baby Wipes
- ~Magazines
- ~Socks
- ~Puzzle Books
- ~Shaving Gel
- ~Sweat Bands
- ~Lotion
- ~Soap
- ~Batteries
- ~Mouthwash
- ~ Shampoo
- ~Toothpaste
- ~Toothbrush
- ~Body Wash
- ~Foot Powder
- ~Snacks
- ~Beef Jerky
- ~Stationery

Other items and donations are gratefully
accepted!



Freedom Steps 5k is an official 501(c)3 Non-Profit
Organization.

REGISTRATION

Please make checks payable to:
Freedom Steps

Fees including giveaway and t-shirt:
\$20/person pre-register (\$25 walk-up)
\$10/youth pre-register 12-18 years (\$15 walk-up)
Free Children 12 and Under
One Registration Form Per Participant

Mail registration to: Freedom Steps
PO Box 118, Willow Grove, PA 19090

Optional Individual Online Registration
Available at: www.pretzelcitysports.com
(nominal service fee applies; closes Wed. April 27th at midnight)
****Group Registration is Mail-In Only****

Name _____ M _____ F _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

Circle: RUNNER WALKER Age: _____

Shirt Size ___S ___M ___L ___XL ___XXL

Waivers: I give my permission for pictures to be taken and used
for future publicity. I acknowledge that I have been informed
that serious injuries can result from accidents during *Freedom
Steps* ("the event") and assume all risks, including personal
injury or damages, arising in any way out of participation in the
event and all related activities. I hereby release Freedom Steps
5k and its employees, agents, servants or other organizations
from any and all causes of actions and claims for injury or
damages arising out of participation by me or any above named
individual in *Freedom Steps*.

Signature _____ Date _____

There are still thousands of US troops deployed world-wide. We as citizens of the United States must show them support for their personal commitment and sacrifice. We need to recognize their dedication and help them in any way we can.

Freedom Steps continues to raise awareness of the needs of our deployed troops. Over the past 9 years, we have sent at least 500 boxes to our deployed troops who shared the supplies with over 5,000 of their comrades. We would like to continue this effort of supporting our troops. Funds raised by this event are used to purchase needed supplies and to support the shipment of these items to our deployed troops.

No matter where our troops are stationed they need to be reminded that we care about them and are supportive of them. If you know anyone deployed, anywhere we would love to send them packages.

Thank you for your support of this event!



**Directions to:
Masons Mill Park**
3500 Masons Mill Road
Huntingdon Valley, PA 19006

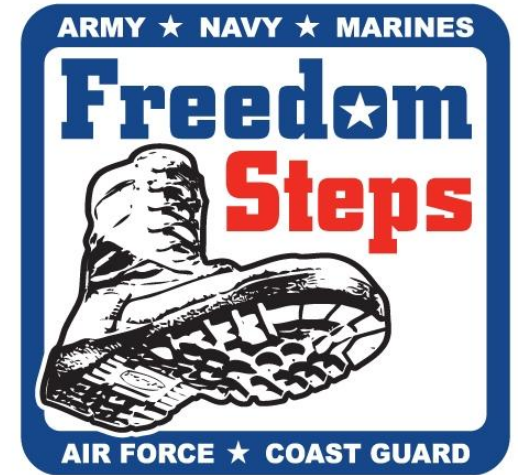
From Willow Grove VFW
Take Moreland Road to Davisville Road.
Turn left onto Davisville Road.
Follow Davisville Road to Byberry Road and turn right at the traffic light.
Follow Byberry Road to Masons Mill Road and turn right at the light.

From PA Turnpike
Take Exit 343 (Willow Grove).
Follow signs for Rt. 611 South.
Merge onto Rt 611 (Easton Rd) and follow to Fitzwatertown Road.
Turn left at light onto Fitzwatertown Road and continue 1.5 miles to Byberry Road.
Turn right at light and follow to Masons Mill Road.
Turn right at the light onto Masons Mill Road.

From Bustleton Avenue in Philadelphia
Follow Bustleton Avenue northeast to Byberry Road. (If you reach County Line Road you have gone too far)
Turn left onto Byberry Road follow for approximately 4 miles.
Turn left at a light onto Masons Mill Road.

Parking
Parking can be found at the park or across the street at the Masons Mill Business Center.

No dogs allowed in the park.



www.FreedomSteps5k.com

5K Walk/Run for Our Troops

*May 1, 2016
Masons Mill Park*

*Registration Begins
at 8:00 am
Race Begins at 9:00 am*

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