

FREEDOM STEPS

5K Walk/Run

Sunday, May 3, 2026

Masons Mill Park

3500 Masons Mill Road
Huntingdon Valley, PA 19006

Registration Begins at 8:00 am

Opening/Welcome at 8:40am

Race Begins at 9:00 AM

Awards/Closing After Race

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 55-69

First 3 finishers 70 and over

*****Please join us after the 5k for Upper Moreland Township's America250 festivities*****

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

****All liquids should be less than 16oz.****

~Dental Floss	~Powder
~Chap Stick	~Travel tissues
~Deodorant	~Eye Drops
~Drink Mixes	~Floss
~Shampoo	~Bar Soap
~Nail Clippers	~Toothpaste
~Baby Wipes	~Toothbrush
~Q-tips	~Socks
~Puzzle Books	~Card Games
~Beef Jerky/Snacks	~Stationery
~Granola Bars	~Gum
~Non-aerosol Sunscreen	
~Bug Repellent Wipes	

Other items and donations are gratefully
accepted!



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

REGISTRATION

Make checks payable to: **Freedom Steps 5k**

\$30/person pre-register (\$35 walk-up)

\$15/youth pre-register 11-18 years (\$20 walk-up)
Free Children 10 and under

****One Registration Form Per Participant****

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

Register Online at: www.pretzelcitysports.com

(nominal service fee applies; closes Wed. April 29th at midnight)

****Group Registration is Mail-In Only****

Name _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

Circle: RUNNER WALKER Age: _____

Gender: MALE FEMALE

Do you want a T-Shirt: Yes No

If Yes, Circle Size: Sm Med Lg XL XXL

****Shirt guaranteed if registered by April 8th****

Waivers: I give my permission for pictures to be taken and used for future publicity. I acknowledge that I have been informed that 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 _____

Thank you so much for all the support over the last 18 years for our troops. The world is an ever-changing place, but one thing is certain, our military stands firm and strong to protect us day in and day out. We need to continue to show them our support for their personal commitment and sacrifice.

Freedom Steps continues to provide support and encouragement to our troops at home and abroad. Since we started this organization, we have shipped over 1,000 boxes to our deployed troops, and we want 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, we would love to send them packages.



Thank you for your support!

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

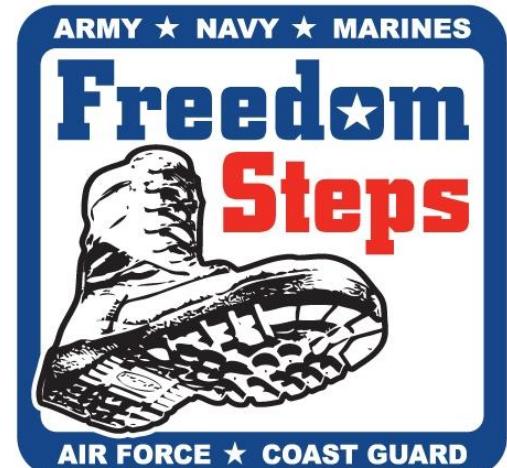
From Willow Grove VFW
Take Moreland Road to Davisville Road.
Turn left onto Davisville Road.
Follow Davisville Road to Byberry Road and turn right at the traffic light.
Follow Byberry Road to Masons Mill Road and turn right at the light.

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 and follow for approximately 4 miles.
Turn left at a light onto Masons Mill Road.

Parking
Parking is available at the park.

No dogs are allowed in the park.



www.FreedomSteps5k.com

5K Walk/Run for Our Troops

*May 3, 2026
Masons Mill Park*

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

This year the 5k is being held in coordination with Upper Moreland Township's America250 celebration.

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