

Thank you so much for all the support over the last decade 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. Despite the COVID-19 Pandemic, we still purchased supplies and sent packages to our deployed troops. Many of those troops had their deployments extended or had to quarantine for longer than expected.

Over the past 13 years, we have sent over 750 boxes to our deployed troops. 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.



2021 Race Day Path



Parking

Parking can be found at the UM Primary School. Follow posted signs.

COVID-19

While many localities have lifted restrictions in response to the COVID-19 pandemic, we will be sure that the health and safety of our volunteers and participants comes first. If a situation should arise requiring a change in plans, we will notify you ASAP.

We also understand that some families with young kids not vaccinated may not yet feel comfortable with the in-person event, so we are providing a virtual option as well for the entire month of September.

5K Walk/Run for Our Troops



www.FreedomSteps5k.com

September 19, 2021

Upper Moreland Elementary Complex

Registration Begins at 8:00 am

Race Begins at 9/9:15 am

See Inside Panel for Information on Our Virtual Option

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

FREEDOM STEPS

5K Walk/Run

Sunday, September 19, 2021

Registration Begins at 8:00 am
Welcome/National Anthem at 8:45 am
Walk/Run Begins at 9/9:15 AM
Awards/Closing follow finish

Upper Moreland Elementary Complex

3990 Orangemans Road
Hatboro, PA 19040

VIRTUAL OPTION: Entire Month of
September

Register Online or Mail-in to Receive T-Shirt
and Participation Certificate
Run/Walk 5k and email us a picture and your
completion time

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 be sure to visit us at:

www.Facebook.com/FreedomSteps or
www.freedomsteps5k.com for updates.

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
- ~Shampoo
- ~Nail Clippers
- ~Baby Wipes
- ~Q-tips
- ~Foot Powder
- ~Beef Jerky/Snacks
- ~Non-aerosol Sunscreen
- ~Lotion
- ~Soap
- ~Eye Drops
- ~Mouthwash
- ~Body Wash
- ~Toothpaste
- ~Toothbrush
- ~Socks
- ~Puzzle Books
- ~Stationery

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

Other items and donations are gratefully
accepted!



www.FreedomSteps5k.com

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Organization.**

REGISTRATION

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

\$20/person pre-register (\$25 walk-up)
\$10/youth pre-register 11-18 years (\$15 walk-up)
Free Children 10 and under

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

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

Individual Online Registration Available at:
www.pretzelcitysports.com

(nominal service fee applies; closes Wed. Sept. 15th at midnight)

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

Name _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

Circle: RUNNER WALKER Age: _____

Gender: _____MALE _____FEMALE

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 _____