

FREEDOM STEPS

5K Walk/Run

Sunday, May 7, 2023

Registration Begins at 8:00 am

Welcome/National Anthem/
15th Anniversary Celebration
at 8:45 am

Walk/Run Begins at 9:30 AM

Awards/Closing After Race

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 55-69
- First 3 finishers 70 and 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
- ~Shampoo
- ~Nail Clippers
- ~Baby Wipes
- ~Q-tips
- ~Foot Powder
- ~Beef Jerky/Snacks
- ~Granola Bars
- ~Non-aerosol Sunscreen
- ~Bug Repellent Wipes
- ~Lotion
- ~Soap
- ~Eye Drops
- ~Floss
- ~Bar Soap
- ~Toothpaste
- ~Toothbrush
- ~Socks
- ~Puzzle Books
- ~Stationery

All liquids should be less than 16oz.

Other items and donations are gratefully
accepted!



www.FreedomSteps5k.com

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

Optional Individual Online Registration
Available at: www.pretzelcitysports.com
(nominal service fee applies; closes Wed. May 3rd 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 _____

Thank you so much for all the support over the last 15 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 close to 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, 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.

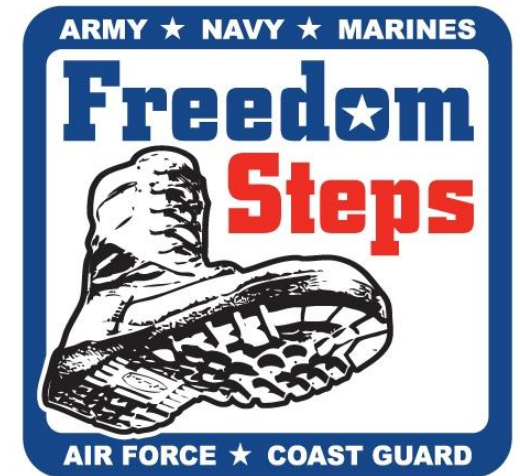
From Bustleton Avenue in Philadelphia

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 7, 2023

Masons Mill Park

Registration Begins

at 8:00 am

Race Begins at 9:30 am

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