



**SANDWICH PARK DISTRICT 36th ANNUAL
SANDWICH FREEDOM RUN
5K Race & 1-Mile Fun Run/Walk
Sunday, July 7th, 2019**

LOCATION: Knights Park, 1001 N. Latham St., Sandwich, IL 60548

Tot Trot - 7:45 a.m.

SOUVENIR T -SHIRT: All pre-registrations are guaranteed a shirt. Late registrations will receive a shirt while supplies last.

START TIME: 1-Mile Fun Run/Walk - 8:00 a.m.
5K Race (3.1 miles) - 8:30 a.m.
(Check-in time 7:00 a.m. to 7:45 a.m.)

SPONSORS: Sandwich Park District - Just In Time Heating, Air Conditioning, Refrigeration & Plumbing - Northwestern Medical (Valley West Hospital), Angie’s Sugar Buzz Bakery.

COURSE: Both the 1-Mile Fun Run/Walk and the 5 K Race are run on city streets. Aid stations - Traffic control provided
This Race will be chip timed by Real Timing, Inc. for each individual runner.
Mile markers and stopwatches on course. Not a certified race.

REFRESHMENTS: Refreshments will be provided following the races. Thank you to the Sandwich Park District, Water Wagon of Plano, and Angie’s Sugar Buzz Bakery

RACE COORDINATOR: If you have any questions, call Garland King at (815)786-8044

TOT TROT: This 11th annual event is for children age 5 years and under and will be held on the North side of the park. No registration is necessary and prizes will be awarded to all participants. This race will begin promptly at 7:45 am.

1-MILE FUN RUN/WALK: This is a FUN run/walk and NOT intended for serious racers. The entry fee is **\$16.00** for entries in by June 14th. Registration after June 14th, and day of the race, is **\$22.00**. All pre-registrations are guaranteed a shirt. Late registrations will receive a shirt while supplies last. Late registration on race day is from 7:00 a.m. to 7:45 a.m.

5K RACE: The pre-registration fee is **\$22.00** for entries in by June 14th. Registration after June 14th, and day of the race is **\$28.00**. Late registration on race day is from 7:00 am to 7:45 am. All pre-registrations are guaranteed a shirt. Late registrations will receive a shirt while supplies last.

MEDALS: First male and first female Overall Finisher. First local (60548) male & female finisher. Awards to the first two finishers: Male and Female Divisions: 14 & under (must be with adult), 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64 and 65-69, 70-74, 75-79, 80-84, and 85 and Up.

	First Name	Last Name
NAME	<input type="text"/>	<input type="text"/>

AGE _____ BIRTH DATE _____ Male Female

ADDRESS _____ PHONE (____) _____

CITY _____ STATE _____ ZIP _____

EMAIL: _____

Office Use Only:

Bib# _____

Cash _____ Check# _____

ENTRY IN: Please Circle: **1-MILE / \$16.00 on or before June 14th** **\$22.00 Late Registration and Race Day** **Code# 373401-1**
5K / \$22.00 on or before June 14th **\$28.00 Late Registration and Race Day** **Code# 373401-2**

T-SHIRT SIZE: (ADULT) please circle S M L XL XXL

WAIVER: In consideration of acceptance of this entry, I hereby for myself, heirs, executors, and administrator, waive any and all rights and claims for damages I may have against the Sandwich Park District. I have been warned that I must be in good health to participate, and I attest and verify that I am physically fit and sufficiently trained for this event.

Signature: _____ *A Parent/Guardian must sign if participant is under the age of 18* Date: _____

Credit Card Payment Information - For Office Use Only

CC: _____ - _____ - _____ - _____ Ex _____ - _____ Code: _____