

Freedom Run/Walk and/or Roll 5K

(Certified - OH 05006 PR)

Saturday - May 29, 2010

8:30 AM

Location: Department of Veterans Affairs Medical Center, Dayton, Ohio 45428. Take the Gettysburg or Liscum exit via RT 35.

Check-in and Registration: 7:00 am - 8:00 am at the Theater in Bldg. 305 (Recreation Bldg.)

Awards: 1st male and female \$50 (add \$50 if course record), 1st male and female (40+) \$25 (add \$25 if course record). Top 3 in following age groups receive medals: 10 and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & up and wheelchair. Awards will also be given to the youngest and oldest pre-registered runner in the 5K.

Fees: Late and Race day: \$15 no shirt, \$20 with a shirt, if available. Deadline for early registration is May 23, 2010. Registration ends at 8:00 am the day of the race. Late and race day entries ARE NOT guaranteed a shirt. NO refunds!

Kids' Run (Age 10 and under) – Free. (Shirts, if available, are \$5.00)

Please make checks payable to: VA 5K Race

Mail check and registration to: VA 5K Race, PO Box #28086, Dayton, Ohio 45428-0086

Online Registration at: www.active.com or www.keysports.net

Profits benefit the American Veterans Heritage Center, Inc.: www.americanveteransheritage.org/

Sponsors Welcome!

For More Information: Rick Schoby (Race Director): (937) 836-7346 or Rob Dennis at (937) 268-6511, Ext. 1311; rob.dennis@va.gov

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FIRST NAME LAST NAME

ADDRESS NUMBER and STREET

CITY STATE ZIP CODE

Area Code PHONE NUMBER Age (race day) M F S M L XL
(CIRCLE One) (CIRCLE One)

E-Mail Address: _____ Runner _____ Walker _____ Wheelchair _____

Emergency Contact: _____ Phone Number: _____

In consideration of the acceptance of my entry, I hereby waive on behalf of my heirs, executors, and assigns, all claims arising from my participation in the VA Memorial Day 5K race, and do hereby release The Dayton Veterans Affairs Medical Center, Key Sports and Business Promotions, Inc, their representatives, employees, officials, volunteers, successors, and assigns for any and all injuries and damage to me or my property in said event; and agree to hold above listed harmless from any claims. I attest and verify that I am physically fit and understand the risks for such run/walk and have trained adequately in preparation. I give my permission for the administration of medical aid in case of emergency. I further give my permission for the free use of my name, voice recording, or photo in any printed account, broadcast, telecast or commercial advertising of this event.

Signature _____
(parent or guardian if under 18)

Date

COURSE AND AGE GROUP RECORDS

MALE

Dave Johnston 16:16 (2006)

FEMALE

Mindy Leisure 18:40 (2007)

MALE MASTERS

Kenn Daily 17:49 (2008)

FEMALE MASTERS

Cheryl Chaney 21:57 (2007)

10 and Under	Christoph Cikraji 23:03 (08)	Lauren Marquis 30:02 (2006)
11-14	Michael Norris 24:48 (07)	Tawney Hefner 23:46 (09)
15-19	Matt Silveira 18:27 (05)	Kristen Patton 21:29 (06)
20-24	David Bereda 17:26 (05)	Becky Hoover 20:17 (09)
25-29	Ross Patti 19:55 (08)	Christine Johnston 19:07 (07)
30-34	Dave Johnston 16:16 (06)	Mindy Leisure 18:40 (07)
35-39	Jim Beyers 16:18 (06)	Zare Rhone 20:25 (07)
40-44	Kenn Daily 17:49 (08)	Cheryl Chaney 21:57 (07)
45-49	Rob Dennis 19:58 (05)	Rosie Miller (26:03 (06)
50-54	Mark Feighery 19:06 (09)	Sherry Hayden 21:45 (07)
55-59	Tim Payne 21:38 (09)	Dottie McClelland 28:48 (08)
60-64	Wayne Doehlman 20:09 (07)	Patricia Woolf 31:52 (08)
65-69	Gene Black 22:57 (08)	Pat Darling 35:20 (06)
70-74	John Corbet 28:05 (07)	Pat Darling 35:17 (07)
75-79	John Corbet 26:13 (08)	Vacant
80 and up	Carroll Hunt 32:54 (07)	Vacant

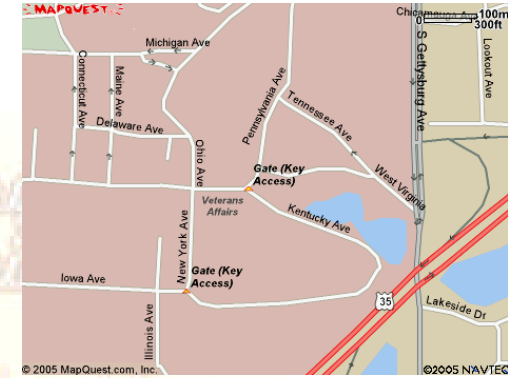


Key Sports and Business Promotions
www.keysports.net

American Veterans Heritage Center
www.americaveteransheritage.org/

- **Certified - OH 05006 PR**
- o **Course:** "The VA 5-K is steep in tradition as you will literally run through the living history of the VA that began in the immediate aftermath of the Civil War (aka, the War of the Rebellion). This beautiful rolling campus has many historic buildings that are on the National Registry. The course winds you past The National Cemetery and through the ghosts of times past when nearly 7,000 Civil War Veterans called "The National Asylum" home.
- o **Split times every mile**
- o **Average temperature – 62 degrees**
- o **One water station**

o **Music in Theater**



Department of Veterans Affairs
Medical Center, Dayton, Ohio 45428

Take the Gettysburg exit via RT 35
Left one block on Gettysburg
Right into main entrance on Tennessee
Left on Pennsylvania
Turns into Kentucky

Bldg 305 (sign in front) borders
Kentucky and Iowa Street near the 9
story Patient Tower.