

**2nd Annual USMCR Freedom 5k Run/Walk**  
**October 23, 2010 9:00 am**

**Registration:**

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

In Case of Emergency Contact/Phone \_\_\_\_\_

Gender \_\_\_\_\_ Shirt Size S M L XL XXL

**Cost:**

Runners & Walkers \$20

I want to support the Greensboro Marines and Hope for the Warriors™. Please accept my additional donation of \$ \_\_\_\_\_

Please make checks payable to:  
**MCL Det 260**

**Release, Waiver Assumption of Risk & Indemnification**

I know that participating in a road race/walk is a potentially hazardous activity and that I should not participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with participating in the USMCR Freedom 5k Run & Walk on October 23, 2010, including, but not limited to, falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this release and knowing these facts and in consideration of your accepting my entry, I, for myself, and anyone entitled to act in my behalf, waive, release and hold harmless the United States Marine Corps, Precision Timing Systems, the City of Greensboro, all other sponsors of the race, their agents, any other persons assisting with the race and their successors from all claims or liabilities of any kind arising out of my participation in the race even though that liability may arise out of negligence or carelessness on the part of such persons or their agents. I grant unrestricted permission for the use of any photographs, motion pictures, recordings or other record of my participation in this event.

Signature \_\_\_\_\_

Parent/Guardian Signature if under 18

Date \_\_\_\_\_



USMCR Freedom 5k,  
c/o War Memorial Foundation,  
PO Box 9744,  
Greensboro, NC 27429

**2ND ANNUAL  
USMCR  
FREEDOM  
5K RUN/WALK**

**SATURDAY  
OCTOBER 23, 2010  
0900**

Proceeds to benefit  
Hope For the Warriors™

**HOPE  
FOR THE  
WARRIORS**

Triad Armed Forces Reserve Center  
7838 McCloud Rd  
Greensboro, NC 27409  
[www.greensboromarines.com](http://www.greensboromarines.com)



# THINK YOU CAN RUN WITH THE MARINES?



Come show your support for local Greensboro Marines and support Hope for the Warriors™ – at the **2nd Annual USMCR Freedom 5k Run/Walk**. Take part in a 5k course starting and ending at the Triad Armed Forces Reserve Center using precision timing technology. You will run with a group of over 200 local Marines, some of which will be will be running in formation and calling military cadences the entire route.

After the run/walk, take a tour of the Reserve Training Facility, where Reserve elements of the U.S. Navy, U.S. Army, and the U.S. Marines train. There will also be various items on display including communications equipment, military gear and weapons, as well as humvee rides.

Your participation supports the Marines that live and work in our local community.

A portion of the proceeds raised will go to the Hope for the Warriors™, in Jacksonville, NC. Hope for the Warriors™, a non profit organization whose mission is to enhance quality of life for US Service Members and their families nationwide who have been adversely affected by injuries or death in the line of duty. Hope for the Warriors™ actively seeks to ensure that the sacrifices of wounded and fallen warriors and their families are never forgotten nor their needs unmet, particularly with regard to the short and long-term care of the severely injured. They will ensure that the proceeds will be used for support of servicemen such as those housed at the Wounded Warrior Barracks at Camp Lejeune. Please visit their website at:



[www.hopeforthewarriors.org](http://www.hopeforthewarriors.org)

**Date: Saturday, October 23, 2010**

**Time:**

Registration: 0730 - 0845  
5k Run/Walk: 0900  
Awards: 1030  
Tours: 0900 - 1130

**Cost:**

All Runners and Walkers \$20  
The race will be capped at 500 participants.

**Awards:**

Top 3 Overall M/F  
Top 3 Masters M/F  
Top 3 Age Group: 0-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60--69, 70+

**The Course:**

Race will start and finish at the Triad Armed Forces Reserve Center. The course is modeled off of the actual course the Marines use to do their annual PFT (Physical Fitness Testing).

**Timing:**

All participants will receive a race bib with an integrated timing chip. (No need to hassle with picking up a separate chip!)

**Triad Armed Forces Reserve Center:**

7838 McCloud Rd, Greensboro, NC 27409  
(Located near the I-40 and NC 68 Interchange)



**MARINES**  
THE FEW. THE PROUD.

This event is not endorsed by the United States Government or the U.S. Marine Corps

**Race T-Shirt:**

All participants who are pre-registered will receive a race t-shirt.

**Packet Pickup:**

Packets will be available to pick up at the Triad Armed Forces Reserve Center from noon - 8 pm on Friday, October 22, 2010. Packet pickup is also available starting at 0730 on race day.

We appreciate the support of our sponsors:



**Return completed registration and fee to:**  
**USMCR Freedom 5k,**  
c/o Marine Corps League Det 260  
PO Box 10227  
Greensboro, NC 27404

Make checks payable to MCL Det 260 and please put in "MEMO" on check  
**USMCR Freedom 5K.**

or

**Online registration** available through  
[www.greensboromarines.com](http://www.greensboromarines.com) &  
[www.precisiontimingsystems.com](http://www.precisiontimingsystems.com)  
For more information contact  
[5k@greensboromarines.com](mailto:5k@greensboromarines.com)