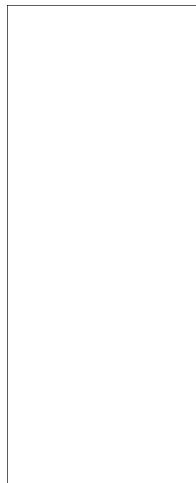


Culpeper Festival Committee
PO Box 1235
Culpeper, Virginia 22701

11th Annual Freedom 5K Race Sponsored by "Powell Wellness Center"



Phone: 540-829-8278

Email: info@culpeper4thofjuly.com

Web: www.culpeper4thofjuly.com



Freedom 5K

When & Where?

When:

Monday, July 4th, 2011
(rain or shine)

Race Time:

8:00am

Day-of Event Registration:

6:30am-7:45am

Packet Pick-Up:

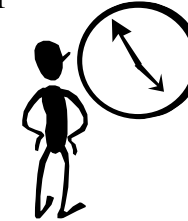
6:30am-7:45am Day of Race.

Start / Finish Location:

Powell Wellness Center
1005 Golf Drive, Culpeper VA 22701

Registration Fee:

\$25.00



Finish Line:

This year's race will be CHIP TIMED by Tri-Performance.

Prizes:

Running prizes will be awarded to the top three (3) male and female overall and top two (2) finishers in each age group.



Age Groups:

10-14; 15-19; 20-24, 25-29; 30-34, 35-39; 40-44, 45-49; 50-54, 55-59; and 60 & over.

For reasons of safety, runners under the age of 10 years are not permitted on the race course, either as a participant or in a stroller / baby jogger.

T-shirts:

All participants registered before June 10 are guaranteed a Freedom 5K T-shirt.*

*Anyone registering after 6/10/11 is NOT guaranteed a Freedom 5K t-shirt, but may receive a 4th of July t-shirt instead.

The Culpeper Festival Committee is organizing numerous 4th of July activities, including fireworks. For more information on other activities going on visit the website at www.culpeper4thofjuly.com

Food:

Refreshments will be available before and after the race.

Restrooms:

Will be available inside Powell Wellness Center.

Race Course:

A course map is available online at www.culpeper4thofjuly.com

2 Easy Ways to Register:

Simply fill out the attached registration form and mail it before June 30 with a check payable to:

Culpeper Festival Committee,
Attn: Freedom 5K,
PO Box 1235
Culpeper VA 22701



Or

Simply go to www.Active.com
-type Freedom 5k under 'search here'
-Select "Freedom 5K"

Phone: 540-829-8278

Email: info@culpeper4thofjuly.com

Web: www.culpeper4thofjuly.com

Directions:



From Areas North (I-66)

- Take the Rt 29S (Charlottesville/Warrenton) exit off 66
- Go approximately 35 miles on 29S
- Take the 4th Culpeper exit off 29S for Business 29
- At the end of the exit ramp, turn right.
- At 2nd stop light turn left onto Golf Drive. Powell Wellness Center is on your left.

From Areas West (Winchester)

- Take I-81S to I-66E
- From 66E take exit 6 for Rt 340S
- Follow 340S to 522S
- Stay on 522S approximately 40 miles
- Once in Culpeper on 522, at the 4th stop light turn right onto Main Street
- Follow Main Street about 2 miles
- Turn right onto Golf Drive, Powell Wellness Center is on your left.

From Areas South (Charlottesville)

- Take Rt 29N approximately 40 miles
- Take the 1st Culpeper Exit (Downtown Culpeper) you'll see a sign for Microtel.
- At the end of the exit ramp, turn right on to Madison Rd.
- At 2nd stop light turn left onto Golf Drive. Powell Wellness Center is on your left.

From Areas East (Fredericksburg)

- Take Rt 3 W towards Culpeper approximately 20 miles
- Once in Culpeper, at the intersection of Main Street and Madison Road, turn left.
- Travel 1.0 mile—turn right at stop light onto Golf Drive, Powell Wellness Center is on your left.

11th ANNUAL FREEDOM 5K RACE

Sponsored by "Powell Wellness Center"

Monday, July 4, 2011

\$25.00

Register online at Active.com

PLEASE PRINT CLEARLY

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ DOB: _____ Age _____ Sex: M F

Email Address: _____

Shirt Sizes: S – M – L- XL (circle one)

Is this your first time participating in this race? Yes No

WAIVER: In consideration of my entering the Freedom 5K Race, I automatically waive and release any and all claims for damage and/or injury I, or anyone acting in my behalf, may have against the competition and all its sponsors, including, but not confined to the Culpeper Festival Committee, the Town and County of Culpeper, Powell Wellness Center, LLC, and Culpeper Regional Health System, and any and all of its sponsors, volunteers, employees, directors, and officers of the corporation(s). I verify I am physically fit and have trained for this competition. I grant full permission to any and all of the foregoing and/or their representatives to transport me to the nearest physician or hospital for medical treatment and agree to allow for immediate first aid, if and when deemed necessary. I grant full permission to any and all of the foregoing and/or their representatives to use any photographs and/or videotapes for any legitimate purpose.

PARTICIPANT SIGNATURE: _____

PARENT / GUARDIAN SIGNATURE: _____

(if participant is under age 18 years of age)

DATE: _____

Checks payable to: Culpeper Festival Committee,
Attn: Freedom 5K, PO Box 1235, Culpeper VA 22701

Office Use Only	
Amount Paid: _____	Date Rcv: _____
Cs/Ck#: _____	Staff: _____
Race #: _____	