

South Florida
RUNNING Forum
Serving the Community for 25-years!

July 2020

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South Florida
Running Forum

Serving the Running Community for 25-Years!

IN THE PAPER

Virtual Freedom 5K

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www.SFRunningForum.com

**This Space Available Today
FOR
\$175/ea (3-month rate)!**

Advertising: Ad 'reservation' is the last week of the preceding month and 'copy' is due on the 1st of the month. Ad reservations are final and no refunds will be given! Please visit www.SFRunningForum.com and click on 'resources' for complete details.

ATTENTION RACE DIRECTORS

To avoid conflicts with other events get your race listed, as soon as possible, on the *SFRF Event Calendar*. Send your request to the Editor.

SOUTH FLORIDA RACEWALKERS

The Walking club of South Florida

www.southfloridaracewalkers.com

Daniel Koch

President & Coach USATF Master Official

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Coconut Creek, Fl 33066

954-970-9634

Cell: 954-242-9056

SF RUNNING FORUM

LOOKING TO PROMOTE YOUR CLUB?

PLEASE CONSIDER JOINING OUR

ONLINE EDITION

CONTACT:

JIM

FOR COMPLETE MEMBERSHIP INFORMATION!

352-672-6601

JNIEMIR@BELLSOUTH.NET

South Florida

Running Forum

FOR THE MOST UP-TO-DATE CALENDAR

Visit Our Website At:

www.SFRunningForum.com

48th Annual Virtual Freedom 5K

**Saturday
July 4th, 2020**



Patriotic Visor

Additional
Race Information



TIME

5K Run/Walk..... 7:30 am

PRE-REGISTRATION ON-LINE ONLY

You can register online at www.gflrrc.org

This is a virtual event we will start together at 7:30 each from your own neighborhood.

We will live stream the start on Facebook and ask you to post photo's on the clubs facebook page of your run/walk.

<https://www.facebook.com/GFLRRC>

PHOTO CONTEST

The best top 5 race photo's will receive a free entry to a future club event. You will need to post your photo's on the clubs Facebook page by July 4th to be considered for a free entry.



ENTRY FEE: \$10.00

The 1st 100 that are register on line by Sunday June 28th will receive a Patriotic Visor and a race number with the race logo.

All entries received after Sunday, June 28th, the entry fee is \$5.00 - you will receive your signature race number in the mail or you can pick it up at the locations noted below.

PACKET PICK UP

If you wish to pick up your Patriotic Visor and Signature Race Number on the days noted below, please check the box and we will not mail it:

- Sunday, June 28th** – Runner's Depot Davie
12:00 Noon - 1:30pm
- Sunday, June 28th** – Running Wild 2:30pm - 4pm
- Thursday, July 2nd** – Clubs Thursday Night Run / Walk @ the Galeria Mall 6:30pm to 8:00pm on the southeast corner parking lot of the mall.

FREEDOM VIRTUAL 5K • On Line Registration Only

July 4th, 2020

LAST NAME

FIRST NAME

AGE (on race day) MALE FEMALE

STREET ADDRESS (indicate Apt. number &/or C/O)

CITY STATE ZIP CODE

DATE OF BIRTH TELEPHONE
 -

EMAIL: _____

Release Form (Mandatory) - In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrator, waive and release any and all rights and claims for losses and damages I may have against the Greater Fort Lauderdale Road Runners Club, race directors, their officers, directors, members and volunteers, any and all sponsors including other parties and their representative successors, and assigns for any and all injuries suffered by me in said event. I attest that I am physically fit and have sufficiently trained for the competition of this athletic event and competition which I am voluntarily entering at my own risk. My physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all foregoing to use photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever. USE OF HEADPHONES, OR ROLLING SKATES / INLINE SKATES, BABY JOGGERS ARE NOT PERMITTED ON THE COURSE. NO ONE MAY ENTER THIS EVENT WITHOUT SIGNING THIS OFFICIAL WAIVER.



SIGNATURE OF RUNNER / SIGNATURE OF PARENT OR LEGAL GUARDIAN IF UNDER AGE 18 DATE

Event

5K Virtual Fun Run/Walk **\$10.00**