

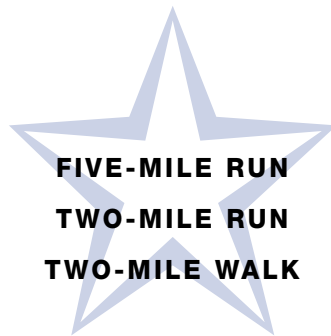
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FREEDOM RUN 2011

SHEBOYGAN WISCONSIN

MONDAY **July 4** 7:00A.M.



**BENEFITING
FRIENDS OF ST. NICHOLAS HOSPITAL**

EVENTS

Two-Mile Noncompetitive Walk (no awards)
Two-Mile Run
Five-Mile Run

REGISTRATION

Preregistration
Register online at www.stnicholashospital.org/freedomrun or complete and return the attached registration form. Packets may be picked up at the Sheboygan County YMCA from 7:00 a.m. - 6:00 p.m. on Friday, July 1 or Saturday, July 2, from 7:00 - 11:00 a.m.

ENTRY FEE

Open Runners	\$15.00*	
Walkers	\$10.00*	
Family of Walkers		
Small Family (2-5 members)	\$25.00	
Medium Family (6-9)	\$35.00	
Extended Family (10-15)	\$50.00	

(Fees include T-shirt)

*AFTER JUNE 7, 2011

There is an additional charge of \$5.00 for registrations after June 7, 2011. Day-of-race registration available at the Sheboygan County YMCA from 6:00 - 6:30 a.m.

Online registration is available until Noon on June 29, 2011.

AWARDS

T-shirts guaranteed to every participant who registers before June 7, 2011. Trophies to the overall run winners based on official start time. Medals will be awarded to first-, second- and third-place finishers in each age group. Awards given in both male and female categories. Awards ceremony follows the race. You must be present at the awards ceremony to pick up your award; awards will not be mailed.

RESULTS

Results will be posted at the Sheboygan County YMCA, www.stnicholashospital.org/freedomrunresults and in The Sheboygan Press. Results will not be mailed.



DIRECTIONS

From I-43, take Hwy. 23 East, which becomes Kohler Memorial Drive and eventually Erie Avenue, to Sixth Street. Turn right, go six blocks to Pennsylvania Avenue. Turn left, go three blocks to Broughton Drive.

PARKING

Parking is available at the Sheboygan Armory, located at the corner of Pennsylvania and Broughton. Race registration is at the YMCA, three blocks north of the Armory. Traffic coming into the city may be heavy due to the parade, which begins at 9:00 a.m.

SHOWERS

In cooperation with the Sheboygan County YMCA, showers will be available until 11:00 a.m. to all entrants after the event. Please remove all personal belongings from the YMCA by 11:00 a.m.

QUESTIONS

Contact the St. Nicholas Hospital Community Education Department at 920/459-4628 or freedomrun@sns.hshs.org



3100 Superior Avenue
Sheboygan, WI 53081



FREEDOM RUN 2011



SHEBOYGAN WISCONSIN

COURSE RECORDS

2-mile Male
9:07 Tim Renzelmann (1991)

2-mile Female
10:34 Sue Daggett (1997)

5-mile Male
24:34 Tim Renzelmann (1986)

5-mile Female
29:57 Margie Schweinert (1988)

CHIP TIMING

Chip timing will be used to provide accurate timing and immediate results.

BENEFICIARY

Proceeds benefit St. Nicholas Hospital through the Friends of St. Nicholas Hospital. All contributions given to the Friends provide charity care, improved health services and outreach programs to the community.

This event made possible by support from:



Meadow View Manor
NURSING HOME

Sheboygan Progressive
CARE CENTER

Morningside
HEALTH CENTER

Willowdale
NURSING AND REHABILITATION CENTER

AJ Wholesale Produce
Community Bank & Trust
Plymouth Foam
Sheboygan Orthopaedic Associates
Wisconsin Public Service Corporation

FREEDOM RUN REGISTRATION

Please submit separate forms for each participant.

Name: First, Last _____ Male Female

Address (include Apt. No.) _____

City _____ State _____ Zip _____

E-mail _____ Telephone _____

I will be

Running 2 miles in age division

- | | | |
|-------------------------------------|--------------------------------|---------------------------------------|
| <input type="checkbox"/> 13 & under | <input type="checkbox"/> 14-19 | <input type="checkbox"/> 20-29 |
| <input type="checkbox"/> 30-39 | <input type="checkbox"/> 40-49 | <input type="checkbox"/> 50-59 |
| <input type="checkbox"/> 60-69 | <input type="checkbox"/> 70-79 | <input type="checkbox"/> 80 and older |

Walking

Family name, if entering as family _____
(Please staple all family member registrations together and send with the fee.)

Running 5 miles in age division

- | | | |
|-------------------------------------|--------------------------------|---------------------------------------|
| <input type="checkbox"/> 13 & under | <input type="checkbox"/> 14-19 | <input type="checkbox"/> 20-29 |
| <input type="checkbox"/> 30-39 | <input type="checkbox"/> 40-49 | <input type="checkbox"/> 50-59 |
| <input type="checkbox"/> 60-69 | <input type="checkbox"/> 70-79 | <input type="checkbox"/> 80 and older |

T-shirt — size (check one)

- Youth (sz. 10-12)
Adult S M L XL XXL

In consideration of the foregoing, I for myself, my executors, administrators, and assignees do hereby release and discharge St. Nicholas Hospital, the City of Sheboygan, Sheboygan Police Department, the Sheboygan County YMCA, and all other entities and individuals who are in any way connected with the event from any liability or claims for damages, injury, or illness arising or growing out of my participation in the St. Nicholas Hospital Freedom Run. I represent that I have adequately trained and am medically able to participate in this event, recognize the risks of injury that accompany such participation, and acknowledge that this release is being relied upon by St. Nicholas Hospital in permitting me to participate. I grant full permission without compensation to St. Nicholas Hospital to use any photographs, recordings, or other reproductions of me participating in this event.

Entrant's Signature _____
(If minor – parent or guardian signature)

Payment Method

Circle one: MasterCard Visa Check

Number: _____ - _____ - _____ - _____

Exp. date: _____ / _____ Amount: \$ _____

Make checks payable to: St. Nicholas Hospital Freedom Run

Detach entry form and return with payment to:

Community Education	OR	YMCA
St. Nicholas Hospital		812 Broughton Drive
3100 Superior Avenue		P.O. Box 609
Sheboygan, WI 53081		Sheboygan, WI 53082-0609
		Fax: 920/451-8019