

**SEWARD OPTIMIST CLUB 4th of JULY
6.2 Mile (10K) Freedom Run & 2 Mile Fun Run**

July 4, 2004 7:00 AM

**Registration & Check-In Starting at 6:00 A.M.
Seward City Park • 14th & Seward Streets • Seward, Nebraska**

Entry Fees:

10 K (6.2 Mile Event)
Before June 25, 2004: \$ 20.00
After June 25, 2004: \$ 22.00

2-Mile Event
Before June 25, 2004: \$ 12.00
After June 25, 2004: \$ 15.00

Age Classes for Male & Female Participants:

10 & Under	24 through 30
11 through 13	31 through 40
14 through 18	41 through 49
19 through 23	50 & Older

Cash Prizes!



Awards:

- 10 K Race: Male & Female Winners will receive a \$100 Cash Prize! Second Place Winners will receive a \$50 Gift Certificate from Seward Sports & Apparel.
- 2-Mile Race: Male & Female Winners will receive a \$25 Cash Prize & Second Place Winners will receive a \$15 Gift Certificate from Seward Sports & Apparel.
- Medals will be presented to the Male & Female 1st through 3rd Place Winners in Each Age Group in the 10 K & the 2-Mile Events
- Each Participant will receive a Freedom Run T-Shirt--Early Registration suggested to insure preferred T-Shirt size is available.

** A portion of the proceeds go towards administration purposes.*

ENTRY FORM - SEWARD OPTIMIST CLUB FREEDOM RUN

Check one: 10 K 2-Mile

NAME: _____ AGE: _____ SEX: _____

ADDRESS - CITY - STATE-ZIP: _____

"I hereby waive and release all rights and damages against the City of Seward, The Optimist Club of Seward and all meet officials for any injuries suffered by me in connection with this event. I understand the demands of running this distance and am in physical condition to participate in this event."

SIGNATURE: _____ DATE: _____

Parent/Guardian Signature _____ DATE: _____

(PARENTAL CONSENT REQUIRED FOR PARTICIPANTS AGES 18 & Under:)

SPECIFY T-SHIRT SIZE: XXL XL L M S

Mail Entries to:

Seward Optimist Club
P O Box 191
Seward, Nebraska 68434-0191

Direct Questions to:

Sue Bernt: (402) 646-2137
Jill Johnson: (402) 643-9725
Becky or Duff Campbell: (402) 643-6901 (Day Time Only)