

## Bring The Whole Family

The Liberty 5K, 10K & 1 Mile is a family event, with fun for all ages! Bring the whole family and start your holiday off on the right foot. Runners and walkers of all abilities are encouraged to register!

**5K & 10K Divisions - 8:05am start:** Male and Female: 0-8, 9-11, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+.

**Clydesdale Divisions - 8:05am start:** Mens 5K race only, 195lbs.+ : Under 30, 30-39, 40-49, 50+. Clydesdale runners are not eligible for other 5K age division awards.

**1 Mile Fun Run - 7:45am start:** All ages! Goody bag and ribbons for 12 & under finishers.

## The Courses

**5K:** Scenic views of beautiful Lake Lewisville and Stewart Peninsula Golf Course and the surrounding neighborhood. Flat and fast!

**10K:** Scenic views of Lake Lewisville along the new Shoreline Trail. Amazing nature area!

## Awards

**5K and 10K Awards:** Trophies for overall and masters winners and first 3 finishers in each age group and Clydesdale divisions.

**1 Mile Fun Run Awards:** Goody bags and participation ribbons to all finishers 12 & under. This is a "for fun" event and times will not be recorded.

Visit [www.runontexas.com](http://www.runontexas.com) for race results.

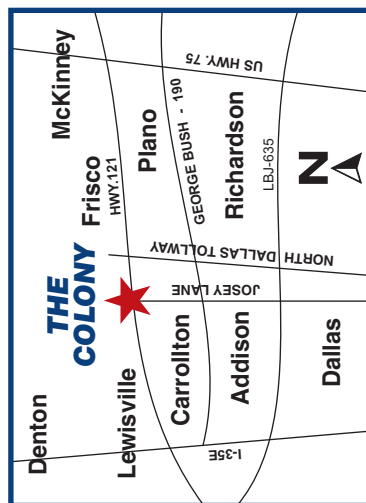
## Timing By Racing Systems, Inc.

The 2010 Liberty 5K & 10K will be timed by Racing Systems, Inc., a subsidiary of RunOn!, using Chronotrack timing.

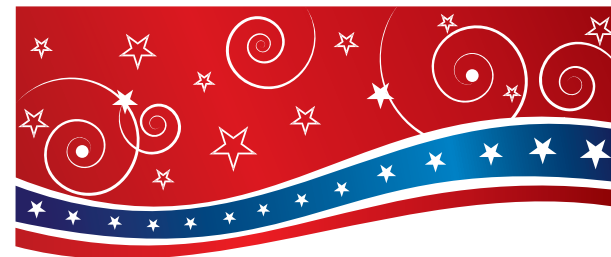
## Directions to Stewart Creek Park

**3700 Sparks Road:** From Highway 121, take FM 423 / Main Street (Josey) north approximately 2 miles, then left at North Colony Blvd. Take North Colony Blvd. approximately 1.5 miles into Stewart Creek Park. North Colony Blvd. becomes Sparks Road when you enter the park.

**Liberty 5K, 10K & 1 Mile  
5151 N. Colony Blvd.  
The Colony, TX 75056**



PRSRT STD  
US POSTAGE  
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PERMIT #2454  
DALLAS, TX



## LIBERTY 5K·10K

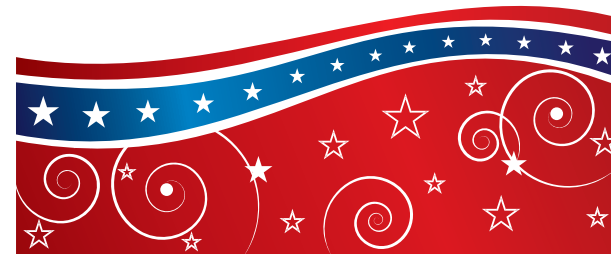


**Saturday, July 3, 2010 • 7:45am  
Stewart Creek Park  
3700 Sparks Road, The Colony**

Benefitting the Knights of Columbus Community Charities

**For more information,  
visit [www.LibertyByTheLake.com](http://www.LibertyByTheLake.com)  
or call (972)625-1106.**

**Help us celebrate  
25 years of running  
and our inaugural 10K!**





Please start here when filling out your form.

**1 Your Race:**  10K  5K  5K - Clydesdale  1 Mile Fun Run

**2 Shirt and Race Number Pick Up**

If no choice is checked, t-shirt & race # will be available on Race Day at Stewart Creek Park.

**RunOn! - Dallas** from 6/29 - 7/1  **The Colony Recreation Center** on 6/26  
 **RunOn! - Richardson** from 6/29 - 7/1  **Race Day - Stewart Creek Park** on 7/3  
 **RunOn! - Coppell** from 6/29 - 7/1  **If choosing Race Day, please arrive early to ensure adequate check-in time before race time.**  
 **RunOn! - McKinney** from 6/29 - 7/1

**Registration Form**

**Entry Fee:**

Postmarked or received by June 25 - \$20.00  
 (NO MAIL ENTRIES AFTER JUNE 25)  
 After June 25 - \$22.00  
 Race Day - \$25.00

**Checks made payable to:**  
 Knights of Columbus

**Don't delay, register today!**

**Mail Registration Form To:**

Racing Systems, Inc.  
 Attn: Liberty 5K & 10K  
 4950 Keller Springs #340  
 Addison, TX 75001

(ALL MAIL ENTRIES MUST BE POSTMARKED BY JUNE 25)

Or register onsite at the race on July 3rd.

**WAIVER/RELEASE - MUST BE SIGNED BEFORE MAILING:** I know that running is a potentially hazardous activity and I should not enter unless I am medically able and properly trained. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of weather and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing the facts, and in consideration of your accepting my entry, I, for myself and anyone else acting on my behalf, waive and release and indemnify the Liberty 5K/10K/1 Mile, the City of The Colony Parks & Recreation Department, the Knights of Columbus, USATF, plus all sponsors, their representatives and assignors, from all claims and liabilities of any kind arising out of my participation in this event or any related activities, even though such liability may arise out of negligence or carelessness on the part of any of the persons named in this waiver.

**SIGN HERE:** (or parent / legal guardian if under age 18)

**3 Participant Information**

**Race #**

OFFICIAL USE ONLY

FIRST NAME  LAST NAME

AGE ON RACE DAY  SEX  M  F

EMAIL ADDRESS:

ADDRESS  APARTMENT #

CITY  STATE  ZIP

HOME PHONE  (  ) (  ) CELL PHONE

SHIRT TYPE  Tee  Tank  
 SHIRT SIZE  S  M  L  XL  XXL

DATE:

**For fast and easy online entry visit [www.LibertyByTheLake.com](http://www.LibertyByTheLake.com).**

**Registration**

- Online:** At [www.LibertyByTheLake.com](http://www.LibertyByTheLake.com), thru midnight on 6/27.
- By Mail:** Racing Systems, Inc.  
 Attn: Liberty 5K & 10K  
 4950 Keller Springs #340  
 Addison, TX 75001  
 (ALL MAIL ENTRIES MUST BE POSTMARKED BY JUNE 25)
- RunOn!:** At any of the four RunOn! stores.  
 Visit [www.runontexas.com](http://www.runontexas.com), thru 7/1.
- On-site:** The Colony Recreation Center  
 (972)625-1106, thru 7/1.
- Race Day:** Starting at 6:30am at race site.

**Registration Fees**

- \$20.00 - Postmarked or received by June 25
- \$22.00 - After June 25
- \$25.00 - Race Day
- \$10.00 - 12 yrs. & Under for One Mile Fun Run  
 (Note: Add \$2 for XXL shirt)

**Make checks payable to Knights of Columbus.**

**Tee Shirt and Race Number Pick Up**

@ **RunOn! stores:** 4 convenient locations, from June 29 - July 1, during store hours.

- Dallas** - 5400 E. Mockingbird, (214)821-0909
- Richardson** - 1469 W. Campbell, (972)231-8260
- Coppell** - 680 N. Denton Tap Rd., (972)956-5550
- McKinney** - 5180 El Dorado Pkwy., (972)540-0333

@ **The Colony Recreation Center:** 5151 North Colony Blvd., 9am - 4pm, on Saturday, June 26.

@ **Race Day - Stewart Creek Park:** 3700 Sparks Road, The Colony, July 3 starting at 6:30am. Those choosing to register or pick up their packet on race day should arrive early to ensure that they are finished in time for race time. **ALL runners need to plan to arrive and be in the park no later than 7:30am.**

**Presented By:**



and many additional great sponsors and supporters!