

*Clayton State University*  
 Sponsored by **Southlake Kiwanis** January 18, 2010

# 5K & 10K

January 18, 2010  
 Clayton State University  
 2000 Clayton State Blvd.  
 Morrow, Ga.

Rain, snow or shine

7:00-8:15 a.m. Registration  
 8:00-8:15 a.m. Warm-up  
 8:30 a.m. 5K Run/Walk & 10K

- Overall, Master's & age group awards in men's and women's categories
- T-shirts
- Post-race waffles, food & drink
- Indoor warm-up area
- Certified 10K course

On-line registration available at [www.active.com](http://www.active.com)

## 2010 Sponsors



Paul James & Rick Binfield



Poss Produce  
 Clayton State University

Clayton County Water Authority  
 City of Morrow

### AGE GROUP AWARDS: Age group

awards will be given one award for every five registered entrants in each age group for both the 5K and 10K in the following divisions:

#### WOMEN

14-under, 15-19, 20-29, 30-39, 40-49,

50-59, 60-over

#### MEN

10-under, 11-14, 15-19, 20-29, 30-39,

40-49, 50-59, 60-69, 70-over

### COURSE CERTIFICATION: The 10K

Freedom Run course is USATF certified (GA06001WC) for those seeking a time for seeding in the 2010 Peachtree Road Race.

**Help Support our Mission . . .**

The mission of Kiwanis International and the Southlake Club has always been to serving the children of the world. The Southlake Kiwanis Club supports several area youth-oriented organizations throughout the year. Your participation in this year's Freedom Run will benefit these local youth organizations.

THANK YOU!



**Your Entry is Tax-Deductable!**

Please make all checks payable to  
**Southlake Kiwanis Charities, Inc.**

Please return completed registration form to:

Freedom Run  
Clayton State Athletics  
2000 Clayton State Boulevard  
Morrow, Georgia 30260

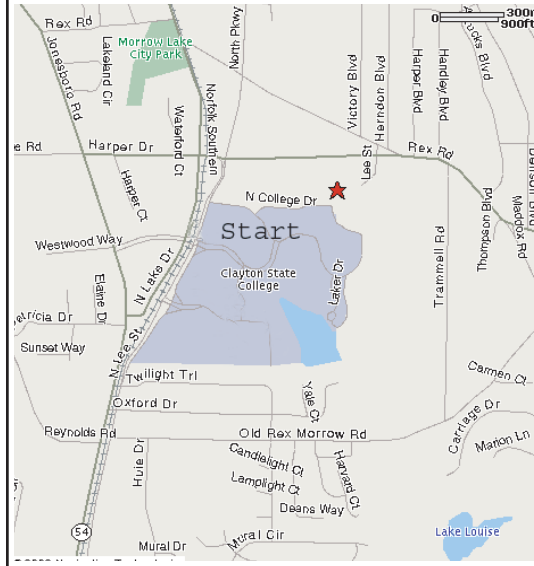
For more information  
call Mike Mead  
at 678-466-4679  
or e-mail [mikemead@clayton.edu](mailto:mikemead@clayton.edu)  
Web site:  
[www.rungeorgia.com](http://www.rungeorgia.com)

Register on-line @ [www.active.com](http://www.active.com)

**T-SHIRTS:** Special-designed T-shirts will be guaranteed to all runners who pre-register before January 15.

**THE COURSE:** The 2010 Freedom Run courses start and finish on the wooded campus of Clayton State. Both 5K and 10K courses loop through the surrounding neighborhoods within the cities of Morrow and Lake City. The 5K will consist of one loop, while the 10K will be two loops. The course is rolling with two gradual hills that are approximately each 300m in length. The course will be marked and monitored by police and volunteers at all major turns. Miles 1,2 & 3 for the 5K and miles 1,2,3,4,5 & 6 for the 10K will be marked. **NOTE: No walkers in 10K and no baby strollers or pets allowed in either event.**

**DIRECTIONS:** Clayton State University is easily reached by taking I-75 to exit #233 (15 miles south of downtown Atlanta). Turn left and follow the green and white signs for 1.5 miles north on Highway 54. Turn right onto Clayton State Boulevard. From I-675 take exit #5 west and follow the signs on Forest Parkway to North Parkway and turn left. Go about 1 mile to Clayton State Boulevard.



**2010 Freedom Run Registration Form**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Birthdate (M/D/Y) \_\_\_\_\_

Circle One: M or F \_\_\_\_\_ Daytime Phone \_\_\_\_\_ Email \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

T-Shirt size (circle one) S M L XL 2XL (add \$2)  
 Please select from the following:  
 No T-shirt option  \$10  \$15  
 5K Race/Walk with T-shirt  \$20  \$25  
 10K Race with T-shirt  \$20  \$25  
 Family Rate (minimum 3, max of 6) with T-shirts  \$50  \$65

**YOU MUST READ THE FOLLOWING BEFORE SIGNING:**

Waiver: In consideration of the acceptance of this entry, I waive any and all claims for myself and my heirs against Southlake Kiwanis and Clayton State University and officials and sponsors of the 2010 Freedom Run for injury or illness which may result directly or indirectly from my participation. I also give my permission for the use of my name and/or picture in any media or any other account of this event.

Signature (Guardian signature required if participant is under 18) \_\_\_\_\_

Date \_\_\_\_\_ TRI-GR