

# Freedom Run/Walk and/or Roll 5K

(Certified - OH 05006 PR)

May 23, 2009, 8:30 AM

**Location:** Department of Veterans Affairs Medical Center, Dayton, Ohio 45428. Take the Gettysburg or Liscum exit via RT 35.

**Check-in and Registration:** 7:00 am - 8:00 am at the Theater in Bldg. 305 (Recreation Bldg.)

**Awards:** 1<sup>st</sup> male and female \$50 (add \$50 if course record), 1<sup>st</sup> male and female (40+) \$25 (add \$25 if course record). Top 3 in following age groups receive medals: 10 and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & up and wheelchair. Awards will also be given to the youngest and oldest pre-registered runner in the 5K.

**Fees:** Pre-registration is \$15, which includes a short sleeve t-shirt. Deadline for registration is May 16, 2009. Late registration ends at 8:00 am the day of the race and is \$18 with a t-shirt; \$10 without a shirt. Late and race day entries ARE NOT guaranteed a shirt. NO refunds!

**Kids' Run** (Age 10 and under) – Free. (Shirts, if available, are \$6.00)

**Please make checks payable to: VA 5K Race**

**Mail check and registration to:** VA 5K Race, PO Box #28086, Dayton, Ohio 45428-0086

**Online Registration at:** [www.active.com](http://www.active.com) or [www.keysports.net](http://www.keysports.net)

**Profits benefit the American Veterans Heritage Center:** [www.americanveteransheritage.org/](http://www.americanveteransheritage.org/)

**Sponsors Welcome!**

**Breakfast included to participants and volunteers.**

**For More Information:** Rick Schoby (Race Director): (937) 836-7346 or Rob Dennis at (937) 268-6511 X1311; [rob.dennis@va.gov](mailto:rob.dennis@va.gov)

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FIRST NAME

LAST NAME

ADDRESS NUMBER and STREET

CITY

STATE

ZIP CODE

Area Code PHONE NUMBER

Age (race day)

M F  
(CIRCLE One)

S M L XL  
(CIRCLE One)

E-Mail Address: \_\_\_\_\_ Runner \_\_\_\_\_ Walker \_\_\_\_\_ Wheelchair \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_

In consideration of the acceptance of my entry, I hereby waive on behalf of my heirs, executors, and assigns, all claims arising from my participation in the VA Memorial Day 5K race, and do hereby release The Dayton Veterans Affairs Medical Center, Key Sports and Business Promotions, Inc, their representatives, employees, officials, volunteers, successors, and assigns for any and all injuries and damage to me or my property in said event; and agree to hold above listed harmless from any claims. I attest and verify that I am physically fit and understand the risks for such run/walk and have trained adequately in preparation. I give my permission for the administration of medical aid in case of emergency. I further give my permission for the free use of my name, voice recording, or photo in any printed account, broadcast, telecast or commercial advertising of this event.

Signature \_\_\_\_\_  
(parent or guardian if under 18)

Date \_\_\_\_\_

**COURSE AND AGE GROUP RECORDS**

**MALE**

Dave Johnston 16:16 (2006)

**FEMALE**

Mindy Leisure 18:40 (2007)

**MALE MASTERS**

Kenn Daily 17:49 (2008)

**FEMALE MASTERS**

Cheryl Chaney 21:57 (2007)



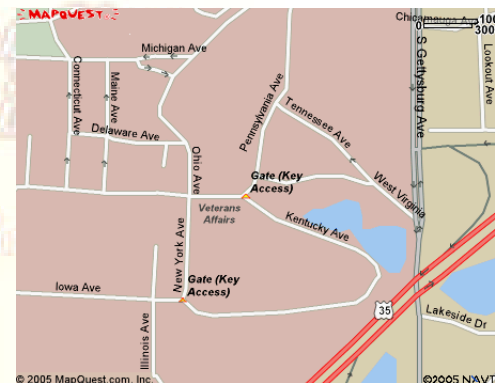
AVHC [www.americanveteransheritage.org/](http://www.americanveteransheritage.org/)

10 and Under	Chris Cikraji 25:44 (08)	Lauren Marquis 30:02 (2006)
11-14	Michael Norris 24:48 (07)	Erin Adkins 24:49 (07)
15-19	Matt Silveira 18:27 (05)	Kristen Patton 21:29 (06)
20-24	David Bereda 17:26 (05)	Julia Erbacher 22:15 (05)
25-29	Ross Patti 19:55 (08)	Christine Johnston 19:07 (07)
30-34	Dave Johnston 16:16 (06)	Mindy Leisure 18:40 (07)
35-39	Jim Beyers 16:18 (06)	Zare Rhone 20:25 (07)
40-44	Kenn Daily 17:49 (08)	Cheryl Chaney 21:57 (07)
45-49	Rob Dennis 19:58 (05)	Rosie Miller (26:03 (06)
50-54	Michael Cox 23:17 (06)	Dorothy Case 27:14 (06)
55-59	Gary Dixon 23:13 (07)	Dottie McClelland 28:48 (08)
60-64	Rich Davis 21:11 (08)	Patricia Woolf 31:52 (08)
65-69	Gene Black 22:57 (08)	Pat Darling 35:20 (06)
70-74	John Corbet 28:05 (07)	Pat Darling 35:17 (07)
75-79	John Corbet 26:13 (08)	Vacant
80 and up	Carroll Hunt 32:54 (07)	Vacant

- **Certified - OH 05006 PR**
- o **Course:** "The VA 5-K is steep in tradition as you will literally run through the living history of the VA that began in the immediate aftermath of the Civil War (aka, the War of the Rebellion). This beautiful rolling campus has many historic buildings that are on the National Registry. The course winds you past The National Cemetery and through the ghosts of times past when nearly 7,000 Civil War veterans called "The National Asylum" home.

- o **Split times every mile**

- o **Average temperature – 62 degrees**
- o **One water station**
- o **Music in theater**



Department of Veterans Affairs  
Medical Center, Dayton, Ohio 45428.

Take the Gettysburg exit via RT 35.  
Left one block on Gettysburg  
Right into main entrance on Tennessee  
Left on Pennsylvania  
Turns into Kentucky

Bldg 305 (sign in front) borders  
Kentucky and Iowa Street near the 9  
story Patient Tower.