



**Bristol 4<sup>th</sup> of July Committee**  
**Freedom Festival 5K Road Race**  
**9 a.m., August 7, 2010**  
**Colt State Park/Bristol Town Beach, Bristol, RI**

- 5k Race: For the benefit of the Bristol 4<sup>th</sup> of July Celebration
- Start/Finish: Bristol Town Beach – Colt State Park
- Race Course: Beautiful course along the banks of the Narragansett Bay/Colt State Park  
Fast 5k course accurately measured by Ray Nelson.
- Registration: Pre-registered by Aug. 5 - \$18.00 to address below or  
On-line registration at: [www.strands.com/events](http://www.strands.com/events)  
Race Day registration \$20.00. Registration opens at 7:30.  
***T-Shirts to the first 150 registrants***
- Awards: Cash awards to the top 3 men & women overall;  
Awards to the top three man & woman in each age division:  
18 & under, 19-39, 40-49, 50-59, 60-69, 70+
- Refreshments: Light refreshments following the race.

*Any questions please call: Ed Correia @ 401-255-3969 email at [ejcorreia@cox.net](mailto:ejcorreia@cox.net)  
or visit our web site at <http://www.july4thbristolri.com>*

*For your safety and the safety of others, USA Track & Field Association (USATF) prohibits the use of Baby Joggers, Strollers, Pets, or Headsets in road races. Athletes who do not comply subject themselves to disqualification.*

*Directions: Hope St. (Rt. 114) to Asylum Rd., Colt State Park, Bristol, RI*

***Timing and Scoring by +ORGANIZATION PLUS+ Road Race Management Services***

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*Please enclose check in the amount of \$18 per participant payable to:  
Bristol 4<sup>th</sup> of July Committee, PO Box 561, Bristol, RI 02809-0561*

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_  
 Address \_\_\_\_\_ Phone \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

I would like to donate \$\_\_\_\_\_ to the Bristol 4<sup>th</sup> of July Committee

I acknowledge that participating in a road race can be a potentially hazardous activity. I am medically able and properly trained to participate. I assume all risk associated with running in this event. I and/or anyone acting on my behalf waive and release the Bristol 4<sup>th</sup> of July Committee, the race director, the sponsors and volunteers, the Town of Bristol from all claims or liabilities of any kind due to my participation in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
*(Parent or Guardian signature required if under 18 years)*