

# Run or Walk 4 on the 4<sup>th</sup> at Washington Park!!

The 1<sup>st</sup> Cup-less  
Running Event in  
America!



The Liberty Run  
is Back!  
T-Shirt  
&  
Exciting  
HydraPouch™  
included!

**TO BENEFIT:** the ACLU (aclu-  
co.org)!

## SCHEDULE:

Race day Sign Up: 7:00 – 7:50am  
4 Mile Run and Walk: 8:00 a.m.  
1K (.6 mile) 8:15 a.m.  
Awards Ceremony: 9:30 a.m.

## FEES: Pre-Race Race

| Day             | Pre-Race | Race |
|-----------------|----------|------|
| Adults          | \$28     | \$35 |
| 19 & under/ 60+ | \$20     | \$25 |

**HYDRA POUCH™:** Finally...no water station cups! **Cup-free race hydration at the water stations**, thanks to the HydraPour™ high speed dispenser. Pinch open your HydraPouch™, push in on the HydraPour™ paddle as you're jogging by the dispenser, and in about one second your HydraPouch™ will be filled! Pick up your HydraPouch™, a \$17 retail value, will be given to you on event morning at the HydraPouch™ tent at the start.

[www.hydrapouch.com](http://www.hydrapouch.com)!

**GOODIES:** You receive a shirt and bib at the stores! If on-line sign up, shirt & bib will be picked up event morning! All goodie bags at finish line on event morning!

**LOCATION:** I-25 north, exit at Downing St., then north (right) to Louisiana, east (right) on Louisiana to South HS parking or south on I-25 to Washington St. exit, east (left) on Louisiana to parking.

## HOW TO SIGN UP:

Mail completed form by June 29<sup>th</sup> below or **register online at [www.bkbltd.com](http://www.bkbltd.com) through midnight July 2<sup>nd</sup>.**

Pick up timing chip/Hydra Pouch™ July 4<sup>th</sup>!. Sign up in person (shirt, bib) **Jun 19<sup>th</sup>–Jul 2<sup>nd</sup> at:**

Runners Roost, Colo. Blvd. @ Mexico/ I-25  
**Runners Roost, Wadsworth & Alameda**  
Running Wild, County Line/University  
Runners Roost, Arapahoe/Parker  
Boulder Running Co, Bowles/Wadsworth  
**On race day at start line 7– 7:50 a.m.**

**AWARDS:** Awards in the 4M will be given to the overall male and female, then to the top three males and top three females in the age groups 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 and over. Awards for WALK will be given to the top three M/F overall as determined by USATF officials.

## TIMING by



All athletes must wear the Ipico Sports Timing Chip provided on race morning.

**INFORMATION: 303-694-2202**

## 4M or 1K Run/Walk Entry Form

One form per person. Photocopies acceptable. Bibs/Chips nontransferable. No refunds. Mail-entries must be postmarked by June 29<sup>th</sup>. Please send this form along with your payment to "Liberty Run c/o BKB Ltd., P.O. Box 4184, Englewood, CO 80155-4184".

\_\_\_\_\_ Age on 7/4/09 \_\_\_\_\_ Bib # (for official use only)

Male  Female  4MRun/Walk  1K Run/Walk

**T-shirt size:**  S  M  L  XL  XXL

Last Name \_\_\_\_\_  
First \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

City/State/Zip \_\_\_\_\_  
\_\_\_\_\_

E-mail address \_\_\_\_\_

**WAIVER and RELEASE – READ and SIGN:** In consideration of the acceptance of my entry in The Liberty Run, I, for myself, my executors, administrators and assignees, do hereby release BKB Ltd., and any other contributing sponsors of this race and their officers, members, agents, volunteers and employees for all claims arising out of my participation in the Liberty Run. I attest and verify that I have knowledge of the risks involved in this event and I am physically fit and trained to participate in this event. I also give permission for the future use of my name and picture in any broadcast, telecast, or print media account of the event. I understand that the entry fees I pay are non-refundable..

Signature \_\_\_\_\_  
Signature of Parent/Guardian if Participant is under 18