

# Seward Freedom Run

July 4, 2024 at 7:00AM

10K (6.2 Mile) Run & 2-Mile Fun Run--- Walkers Welcome Too!

- Location - 2222 Karol Kay Blvd., Seward, NE 68434 (Plum Creek Park main parking lot - on east side of Karol Kay Blvd.)

- Check-in/Packet Pick-up starts at 6:00a.m., race begins at 7:00a.m.
- Restrooms Available • Post Race Fruit Bar • Photo Tagging
- Race timed with MyLaps Bib Tag by Precision Race Results of Omaha
- Online Registration (only) & Payment Available at [www.GetMeRegistered.com](http://www.GetMeRegistered.com)

## CASH PRIZES AND MEDALS!

Top 3 winners in each male and female age category receive medals.

- 10K Run: \$100 prize to male and female winners, \$50 to second place winners
- 2-Mile: \$50 prize to male and female winners, \$25 to second place winners

*ONLY individuals registered online by June 20, 2023 will get a race t-shirt!*

### Entry Fees:

10K (6.2 MILE) RUN

\$25 before June 20, 2024

\$35 June 21 - July 3,  
2024 @ 6pm

2-MILE RUN

\$15 before June 20, 2024

\$25 June 21 - July 3, 2024 @ 6pm

### Age Classes for Male & Female Participants:

10 & Under Age 11-13 Age 14-18 Age 19-23

Age 24-29 Age 30-39 Age 40-49

Age 50-59 Age 60-69 Age 70 and older

CHILDREN 10 YEARS AND UNDER ARE FREE FOR  
2-MILE RUN WITH PAID ADULT REGISTRATION

**No Pets Allowed!!**

FAMILY DISCOUNTS AVAILABLE THROUGH JUNE 20TH

Last day to register is July 3rd, 2024 by  
6pm (online only).

**NO RACE DAY REGISTRATIONS**

Online Registration at:  
[www.GetMeRegistered.com](http://www.GetMeRegistered.com).

**\*All proceeds from the Freedom Run will go into a special fund designated to support scholarships for families in need for involvement in the before and after school care program as well as Wellness Center memberships.**