# FREEDOM STEPS

### 5K Walk/Run Sunday, May 4, 2025

Registration Begins at 8:00 am

Welcome/National Anthem/ at 8:45 am Walk/Run Begins at 9:00 AM

Awards/Closing After Race

#### **Masons Mill Park**

3500 Masons Mill Road Huntingdon Valley, PA 19006

#### Awards ~

First 3 finishers male & female under 18 First 3 finishers male & female age 19-34 First 3 finishers male & female age 35-54 First 3 finishers male & female 55-69 First 3 finishers 70 and over

Refreshments will be provided.

Please be sure to visit us at:
<a href="https://www.freedomsteps.com/FreedomSteps">www.freedomsteps.com/FreedomSteps</a> or
<a href="https://www.freedomsteps5k.com">www.freedomsteps5k.com</a> for updates and
<a href="mailto:more information">more information</a>.

Contact Lorna Salazar @ 215-657-3992 or email FreedomSteps5k@gmail.com for any questions, comments, etc.

# **Supplies Needed for Troops**

Our soldiers deployed around the world are in need of supplies.

Some of these items include:

~Dental Floss ~Powder ~Chap Stick ~Stationery ~Deodorant ~Eye Drops ~Drink Mixes ~Floss ~Toothbrush ~Bar Soap ~Nail Clippers ~Toothpaste ~Baby Wipes ~Socks ~Q-tips ~Gum ~Puzzle Books ~Hard Candies or gummies (no ~Beef Jerky/Snacks ~Granola Bars chocolate) ~Non-aerosol Sunscreen ~Bug Repellent Wipes ~Travel tissues

\*\*All liquids should be less than 16oz.\*\*

Other items and donations are gratefully accepted!



www.FreedomSteps5k.com

Freedom Steps 5k is an official 501(c)3 Non-Profit Organization.

## **REGISTRATION**

Make checks payable to: Freedom Steps 5k

\$30/person pre-register (\$35 walk-up) \$15youth pre-register 11-18 years (\$20 walk-up) Free Children 10 and under \*\*One Registration Form Per Participant\*\*

> Mail registration to: Freedom Steps PO Box 118, Willow Grove, PA 19090

Register Online at: www.pretzelcitysports.com

(nominal service fee applies; closes Wed. April 30th at midnight)

\*\*Group Registration is Mail-In Only\*\*

Name

Address:

City/State/Zip:

Phone:

Email:

Do you want a T-Shirt: \_\_\_\_Yes \_\_\_\_ No

If Yes, Circle Size: Sm Med Lg XL XXL

\*\*Shirt guaranteed if registered by April 6th\*\*

Circle: RUNNER WALKER Age:

Gender: \_\_\_\_\_MALE \_\_\_\_\_FEMALE

Waivers: I give my permission for pictures to be taken and used for future publicity. I acknowledge that I have been informed that injuries can result from accidents during *Freedom Steps* ("the event") and assume all risks, including personal injury or damages, arising in any way out of participation in the event and all related activities. I hereby release Freedom Steps 5k and its employees, agents, servants or other organizations from any and all causes of actions and claims for injury or damages arising out of participation by me or any above named individual in *Freedom Steps*.

Date\_\_\_\_

Signature\_\_\_\_

Thank you so much for all the support over the last 17 years for our troops. The world is an ever-changing place but one thing is certain, our military stands firm and strong to protect us day in and day out. We need to continue to show them our support for their personal commitment and sacrifice.

Freedom Steps continues to provide support and encouragement to our troops at home and abroad. Since we started this organization, we have shipped over 1,000 boxes to our deployed troops, and we want to continue this effort of supporting our troops. Funds raised by this event are used to purchase needed supplies and to support the shipment of these items to our deployed troops.

No matter where our troops are stationed, they need to be reminded that we care about them and are supportive of them. If you know anyone deployed anywhere we would love to send them packages.



Thank you for your support of this event!

#### Directions to: Masons Mill Park

3500 Masons Mill Road Huntingdon Valley, PA 19006

#### From Willow Grove VFW

Take Moreland Road to Davisville Road.
Turn left onto Davisville Road.
Follow Davisville Road to Byberry Road and turn right at the traffic light.
Follow Byberry Road to Masons Mill Road and turn right at the light.

#### From PA Turnpike

Take Exit 343 (Willow Grove).
Follow signs for Rt. 611 South.
Merge onto Rt 611 (Easton Rd) and follow to
Fitzwatertown Road.
Turn left at light onto Fitzwatertown Road and
continue 1.5 miles to Byberry Road.
Turn right at light and follow to Masons Mill
Road.

Turn right at the light onto Masons Mill Road.

#### From Bustleton Avenue in Philadelphia

Follow Bustleton Avenue northeast to Byberry Road. (If you reach County Line Road you have gone too far)

Turn left onto Byberry Road follow for approximately 4 miles. Turn left at a light onto Masons Mill Road.

No dogs allowed in the park.



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# 5K Walk/Run for Our Troops

May 4, 2025 Masons Mill Park

Registration Begins at 8:00 am Race Begins at 9:00 am

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