



A portion of the proceeds will be donated to the following organizations that are supported by Freedom 5K.



Damascus Freedom Cross Country Invitational

Sunday, October 10, 2021

Damascus Recreation Center
 25520 Oak Drive
 Damascus, MD 20872

Awards: Ribbons for the top 15 in each event/gender

Entrance fee: \$5 cash on race day

Age determined by age on 12/31/2021

Boys and girls will run together, but may be staggered by 3 minutes depending on numbers

Check in open 12:00 - 3:00

Guided course walks start at 12:15

<u>Age Group</u>	<u>Event</u>	<u>Time</u>
6 & under	1K Boys and Girls	1:00
7-8	2K Boys and Girls	1:30
9-10	3K Boys and Girls	2:00
11-12	3K Boys and Girls	2:45
13-14	4K Boys and Girls	3:30

Overflow parking available next door at Baker Middle School if necessary.

There will be a rabbit for the 1K and 2K

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