

Do **YOU** Support Our Troops?

Show your support Saturday, September 3rd at the Lehigh Parkway in Allentown, PA

5k Run / Walk - Saturday, September 3rd

Sign up online at 5kraceforfreedom.org



About Ashly



Ashly was an active service member of the United States Army, 630th Military Police Company. She was promoted to Sergeant shortly before she died in Baghdad, Iraq on March 3, 2007, when an IED exploded under the armored patrol vehicle she was driving. Ashly was the 21st person from the Lehigh Valley and the 71st female service member to die since the war began. She was 21 years old.

About 5k Race for Freedom

Ashly was loved by many, and it is that love that has inspired "Ashly's 5K Race for Freedom, A Soldiers Legacy". A portion of the proceeds from the race will benefit the "Ashly Moyer Memorial Scholarship Fund", established at Emmaus High School, Ashly's alma mater. Ashly's Legacy has partnered with Lehigh Valley Military Affairs Council. LVMAC is a non profit, community service organization of organizations to support the Lehigh Valley's active and reserve component military service members, it's veterans, and their families because they have made sacrifices for our nation. The majority of this year's proceeds will be donated to the Veterans Sanctuary. The Sanctuary is devoted to the treatment of veterans with Post Traumatic Stress Disorder, PTSD, and addictions. Please join us in an effort to support the brave men and women who sacrifice everyday for our FREEDOM.

Race registration opens at 7:30 AM in the scenic Lehigh Parkway at the iron bridge near the clubhouse. This is a professionally timed event at an accurately measured course.

For directions visit 5kraceforfreedom.org and click on 'About the Race'

Cash prizes and gift certificates awarded!

5k Walk / Run Application

Saturday, September 3rd • 9AM • Lehigh Parkway

**14 and under - \$10. Pre-Registration received by
August 15th - \$25. Registration after August 15th - \$30,
including race day registration. Please call for special group rates**



Last Name _____ First Name _____ Street _____
City _____ State _____ Zip _____ Phone _____ Call AM or PM
Email _____ Birth Date _____ Age on Race Day _____ Sex M ___ F ___

Please indicate how you will participate (circle one): Walker or Runner T-Shirt Size (only for participants registered by Aug 16th ; you must be present at the race to collect your t-shirt and race bag): (circle one) S M L XL

Those who register after August 16th - shirts will be available at race on a first come, first served basis

I verify that I am physically fit and sufficiently trained to participate in this event. In consideration of the acceptance of this entry, I, for myself, my heirs, my executors, and administrators, hereby waive any and all rights and claims for damages, injuries, or losses I may have against any and all race officials, the municipality, as well as any other person, company, or organization connected with this 5K run, their heirs, executors, administrators, successors, and assigns for any and all damages, injuries, or losses which I may suffer while taking part in this event or as a result thereof.

Signature (Parent/Guardian under 18 years old)

Please make checks payable to "The Ashly Moyer Memorial/Scholarship Fund". Mail Application & Check to 6412 Manzanita Drive, Macungie, PA 18062. Questions? Email info@5kraceforfreedom.org.