



FREEDOM 5K

SATURDAY, JULY 2 · 8am

Registration starts at 7am · Park Shelter East of Pool

Prizes will be given to top boy & girl,
12 & under, & top THREE overall adults!



Adult Registration: \$35

Youth 12 & Under Registration: \$30

PROCEEDS THIS YEAR WILL BE DONATED TO SHEYENNE VFW POST 3696

First Name: _____ Last Name: _____

Adult Shirt Size: ___S ___M ___L ___XL ___2X ___3X

Youth Shirt Size: ___S ___M ___L ___XL Age: _____ Gender: ___M ___F

Email: _____ Phone: _____

****First come first serve for t-shirts, limited extra shirts available****

Payment Method: ___Check ___Cash

Make checks payable to Transcript Publishing
Return registration form with payment to



817 Central Ave.; P.O. Box 752, New Rockford, ND 58356

Questions? Contact Sydney or Amy at (701) 947-2417 or nrtranscript@gmail.com