

40 Years of Running in Clawson!



CLAWSON'S FREEDOM RUN 5k was first run in 1979 and is a community tradition. This unique evening race travels the tree lined streets of Clawson. Runners are cheered on by residents as they wind their way through the neighborhood.

WHEN Sunday June 30, 2019 Race: 7:30pm.
Race Day Registration: 6:15-7:15pm.

WHERE Clawson City Park, on Elmwood (14 1/2 Mile) between Crooks and Livernois.

THE COURSE is a single loop starting and finishing in Clawson City Park. See the course map on the website.

AWARDS Trophies to the top 3 men and top 3 women, and top age group finisher.
Medals to top 50 men and women.
T-shirt guaranteed to all preregistered runners. Register before June 12 for a shirt with the new logo!

T-shirt, prizes, and popsicles included!
All proceeds support Clawson's 4th of July Celebration



FREE 1 MILE FUN RUN

A one-mile race run entirely on the woodchip path within Clawson City Park.

WHEN 7:00pm

AWARDS Top 3 Girls and Top 3 Boys aged 12 and under will win a prize!
Pre-register online for free! Shirts can be ordered online for \$5.

PRESENTED BY



THE FIRECRACKER MILE

runs on 14 Mile Road, immediately before Clawson's Annual 4th-of-July Parade.

The road closes at 8:30 am and thousands will line the route.

WHEN Thursday July 4, 2019 Race: 9:00 am
Race Day Registration from 7:45am-8:45am.

WHERE 14 Mile at Crooks- 2 1/2 miles West of I-75.

COURSE Starting line is just East of Crooks. Race follows 14 Mile from West to East

AWARDS Cash prizes and trophies to the top 3 men and top 3 women
Medals will be awarded to the top 50 men and top 50 women.
T-shirt guaranteed to all pre-registered runners. Register before June 12 for a shirt with the new logo!



CASH PRIZES!

\$1,000—Men's Sub 4 minute 1st

\$1,000—Women's Sub 4:30 1st

\$300—1st Man and 1st Woman
(If slower than times above)

\$200—2nd Man and 2nd Woman

\$100—3rd Man and 3rd Woman

OUR Credit Union's Clawson Runs Prizes:

Run in both races to be eligible for a \$100 prize as the Top Runner in the Open or Master Age Groups!

This is not a school-sponsored event. Clawson Public Schools assumes no responsibility for children traveling to and from this activity.

Pick your Race: _____ Freedom Run 5k (June 30th)
_____ Firecracker Mile (July 4th)

Fees for each race:

\$12 before March 1st,
\$15 until June 1st,
\$18 after June 1st.
\$20 on Race-day

Or,

_____ Pre-Register for both races for only \$20!

Get more information and register online at www.clawsonruns.com

Name: _____

City: _____ Zip Code: _____

Email: _____

Birthdate: ____/____/____ Gender: Male Female

Shirt size: YM YL S M L XL XXL

Mail entries to: P.O. Box 105; Clawson, MI 48017

Disclaimer: In consideration of the acceptance of my application for the Firecracker Mile, Freedom Run 5k, or Freedom Run 1-Mile Fun Run, I hereby release all participation groups and persons officially connected with this event from any and all liability for any injury or damages whatsoever arising from my participation in the event.

Runner's Signature: _____

(Parent's signature if runner is under 18)