

2009

BASF in collaboration with Club South runners presents the BASF Freedom Mile. This is a series of 1 mile races and includes a parent-child 1/2 mile fun run.

COURSES:

The course is a point to point from Casino Rouge, down River Road to the U.S. Kidd. There will be shuttles available to transport spectators/runners from the starting line to the finish line.

RACES:

There will be 4 one mile races and a 1/2 mile fun run held precisely at 20 minute intervals. The running schedule will be as follows:

- | |
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| 8:00 am Masters and Grandmasters
Male/Female |
| 8:20am Youth (14 & Under) Male/
Female |
| 8:40am Open Division- Women |
| 9:00am Open Division- Men |
| 9:20am Parent-Child 1/2 mile fun run |

Club South Runners
P.O. Box 65123
Baton Rouge, LA 70896
WWW.lawired.com/csr/home.htm



Freedom Mile

July 4th, 2009

Baton Rouge, LA



Non Profit
U.S. Postage
PAID
Baton Rouge, LA
Permit NO. 183



varsity sports
Baton Rouge, La.



AWARDS:

Overall, Masters and Grand Masters male and female

Other awards will be given 3 deep for each age group.

Every child in the parent-child fun run will receive a participation ribbon.

BASF Challenge:

First, second, and third place award to BASF employees and family members.

AGE GROUPS:

The open, masters and grand masters division races, will be scored in 5-year intervals from 15 to 70 (and above). The youth will be scored as follows, 8 and under, 9-10, 11-12, and 13-14.

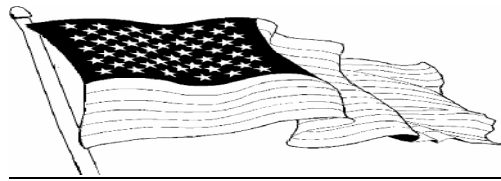
T-SHIRTS:

Special commemorative BASF Freedom Mile t-shirts will be guaranteed on race day for all pre-registered.

All other shirts will be available for pick up at Varsity Sports 2055 Perkins Road after July 18th.

WHERE:

Downtown Baton Rouge on River Road at the Old State Capital.



REFRESHMENTS:

Join us for Post-race Coke, Diet Coke, POWERade, and Budweiser Beer. Also, there will be watermelon and assorted other foods.

RACE DAY REGISTRATION:

Race day registration will begin at 7am in front of the Old State Capital.

PRE-REGISTRATION:

Pre-register by June 26th, to guarantee a race day shirt. You can send your entry to:

Club South Runners, P.O. Box
65123 Baton Rouge, LA 70896

ENTRY FEE:

\$10.00 Pre-registered Club South members

\$12.00 Pre-registered non-CSR members

\$15.00 All entrants after July 1st

ADDITIONAL INFORMATION:

CLUB SOUTH RUNNERS
WEBSITE:

<http://www.lawired.com/csr/home.htm>

For Questions Pleas Call: Ben Cherbonnier:
(225) 927-9200

Entry Form

PLEASE PRINT

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

AGE: _____ MALE FEMALE

PHONE NUMBER: _____

T-SHIRT: S M L XL

If you do not get CSR E-mails address
Below: _____

I know that running and/or volunteering to work in Club South Runners events are potentially hazardous activities. I should not enter and or run in Club South Runners activities unless I am medically able and properly prepared and/or trained. I agree to abide by any decision of race/event officials relative to my ability to safely compete or assist in this organization's activities. I assume all risks associated with running and/or volunteering to work in Club South Runners events including - but not limited to - falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this Club South Runners waiver and knowing these facts and in consideration of your acceptance of my entry for racing, I, for myself and for anyone entitled to act on my behalf waive and release the Road Runners Club of America, Club South Runners, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these Club South Runners' activities, even though the liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recording, or any other record of my participation in any Club South Runners event for any legitimate purpose.

Signature: _____

Date: _____