

**FREE**

**ONLINE**

**REGISTRATION**



Running 4 Free.com

**5K**  
**SPORTS**

Race Management  
Portland, Maine

## The Benefits of Free Online Registration

- Brings more runners to your event
- Makes it easier for runners to register
- Reduces volunteer's work load
- Less paper on race day – Go Green!
- Save your runners the hassle of bringing money on race day
- Save on your printing cost for race forms and race day forms
- Fully secure websites so personal information is always safe
- Save on keying errors when typing into a spreadsheet

For more information,  
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[www.Running4Free.com](http://www.Running4Free.com)



## Free Online Registration is a Must for All Events!

The biggest issue on race day is race day registration. No more issues with improperly spelled names, wrong sex, no age and not being able to read race day registration forms.

Increase your pre-registered numbers by allowing runners to register last minute, right up to the night before the race.