

## 9<sup>th</sup> Annual Freedoms Run- Final Countdown!

It looks like the beautiful weather we ordered is coming right on time for Saturday! We're so excited for a wonderful race and event. To avoid confusion and to have a stress free day/ race, please read this entire email.

### **Race Expo/Package Pick Up, Friday, September 29**

Time: Noon – 8pm

*Registration is available during this time as well*

Location: Shepherd University Wellness Center at 164 University Dr, Shepherdstown, WV 25443

\*\*\*\*We will also have the Shoe Recycling Station at the Expo so please bring your old lightly worn shoes\*\*\*\*

6pm: Hear from Ron Allison, an avid runner who has lost half his body weight switch to low fat high carb lifestyle. Running the half marathon at Freedom's Run, he will discuss some of his challenges, health improvements, and weight maintenance.

### **Race Day, September 30**

**Parking Map can be found under Race Day Docs on website**

### **Half Marathon, 10K, and 5K**

Plan to get here early. We are a small town and making all efforts to provide easy transportation and parking for our visitors. See accompanying parking map and document, look for volunteers

There will be complimentary Black Dog Coffee served at the Volunteer/ Registration tent area.

\*\*\*\*Shoe Recycling Station at Shepherdstown Midway Field\*\*\*\*

**7-8am-** Parking – see Map on website

**7-8:30** -Packet Pickup and Race Day Registration for Half Marathon, 5k,10k in Midway Field outside Ram Stadium

**\*\*All races start on German St in front of Library**

8:30-Start Half Marathon    8:50 -Start 10k            9:00- Start 5k

### **Kids 1 Mile Fun Run at Midway:**

Registration/ Bib Pick Up: 9:45am – 10:45am

Fun Run Start: 11:00am

Note: We are always looking for volunteers to help keep the little runners safe. Please come to the Kid's Run registration tent if you're free to volunteer.

### **Post Race Events**

**9:30-12:00** Cheer Runners, Watch Kids Fun Run, Explore Shepherdstown

**10:30-2pm** Oktoberfest at **Bavarian Inn-**

- Beer garden, German food, and live music. All runners get free souvenir pint glass and first beer or alternate beverage. Families/friends welcome.

**12:30pm(ish)** Announce Event Winners Bavarian Inn. (**Note: no formal award ceremony but prize pickup for division winners**)

- Post race shuttles from the Bavarian to Wellness Center, Clarion Shepherds, and Marathon Start lots 10:30am-2:30pm
- Showers Available at the Wellness Center- bring your towel

- Bag checks will be at the start area of marathon and transported to finish area. For other events there will be a bag drop tent in Midway Field. Please use small closable bags and pull tabs from number for identification. Not responsible for valuables.

**Please thank our wonderful volunteers, National Park Rangers, hosts at Shepherd University, and sponsors**

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**Freedom's Run swag and footprint is truly small and sustainable .**

- Our amazing quality shirts are from the only shirt company to obtain B corp status - Atayne. Made in USA and recycled material.
- Long sleeve full and half and Short sleeve 5k/10k WITH FEMALE SPECIFIC THIS YEAR!. Thank my kids for the great colors.
- Next the awesome ceramic medals for half and full finishers fired locally by Joy Bridy. See our facebook page for an amazing video on how Joy makes each one by hand and with care knowing they will reward your achievement on Saturday
- at the finish all events and the kids run will get BPA free plastic bike bottles. so refill and no cups and trash
- for beer lovers back by popular demand the pint glasses....first one free! refill w your pint glass if not driving.
- we will have local fruit and pizza at the finish. Eat with your hands- no trash, packaging, throw away bottles, etc.
- At expo we will NOT give you unwanted "goodie bags" of junk. we'll have plenty of things to take only if you want.
- even our music is local and home grown
- Finally we will have shoe recycling. we get the nice ones back to youth. minimal shoes appreciated :) See our facebook page for updates this week

<https://www.facebook.com/Freedoms-Run-An-Event-for-Health-and-Heritage-75551068533>

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**Challenge Yourself**

Freedom's Run is a perfect fun tune-up run for the Marine Corps Marathon or JFK 50 Miler. This year we are offering a special challenge for participants covering the distance of Freedom's Run and the JFK 50.

As Kennedy said "[Live life with more vigah](#)".

<http://naturalrunningcenter.com/2015/07/23/live-life-vigah-jfk-freedoms-run-challenge-recharge-change-jfk-envisioned-country/>

Visit our homepage for more on this unique challenge.

30 MINUTE GRACE ON QUALIFYING TIME FOR JFK 50 FOR FREEDOMS RUN MARATHONERS.

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**Go Fund Me**

Back for 2018?- Raise \$ and run for free for our local causes. We will create your link so friends and family can donate in your name. You can raise \$ even after the race.

Read more here

<http://www.gofundme.com/freedomsrun>

\$200- free entry

\$500- FREE SHOES and free entry

If you have already registered we will refund your entry at the 200 and 500 level