

9th 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. **See attachment on Race Day Docs** to read Dr. Mark's note "How to Run Freedom's Run Marathon"

To avoid confusion and to have a stress free day/ race, please read this entire email. There is a **cheat sheet** for your convenience on Race Day Docs on website.

Race Expo/Package Pick Up, Friday, September 29

Time: Noon – 8pm

Registration will be available

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 and will be running the half marathon at Freedom's Run. His short talk will be titled "If I Can....You Can, No Seriously" . Ron will discuss some of his challenges, health improvements, and how running and nutrition has restored his health.

Race Day, September 30

Parking Map can be found on website "Race Day Docs"

5:45-6:00am(sharp): Shuttles to the marathon start will leave from Shepherd Wellness Center: 164 University Drive, Shepherdstown WV at 6am. There will be several buses but all buses will leave at 6am so please arrive by 5:45am.

There will be one shuttle bus leaving from the Shepherdstown Clarion Hotel for hotel guests only at 6am.

6:00 – 7:00am: Late Packet Pick Up

Parking is available at **Cavalier Heights/ Harper's Ferry National Park Visitor's Center**

7:30am – Marathon Start

There will be a bag drop at the start line, your bags will be taken to the finish.

Runners will not be able to register to run the marathon on Race Day.

Shuttles back to the marathon start will take place from 10:30am – 2:30pm from the Bavarian Inn.

Important Notes:

-All courses will be open until 2pm to allow participants to experience the rich scenery and history of the course. So walkers in the marathon will have 6.5 hours to complete it. Half Marathon participants will have 5.5 hours.

-We will not have mile marker signs on the Canal from mile 5 to 15 due to limited access to these stretches so if you wish to measure your pace use a GPS or time between mile posts on the Canal. Our advice just run with a smile and before you know it you will be at mile 15 😊

-Do not overdrink free water. The weather will be cool and low humidity and we will have ample fluids every 3-4 miles on the Canal segment. If you think you need water or electrolyte more often than this carry a bottle or pack. For a guide on safe hydration read link on "Race Day Docs"

At mile 15 of the Full Marathon, if you arrive later than 11:30am, you will be given the option to continue or drop out and driven back to the finish line.

If you have not arrived at our designated Aid Station, near mile 20, by 12:30pm, your bib will be taken and we will no longer be able to offer course support.

The following pace must be kept in order to finish within the 6.5 hour time limit.

Mile 1 – 15: 14 min/mile pace

Mile 15 – 20: 18 min/mile pace

Mile 20 – 26.2: 15 min/mile pace

.

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

.....

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. **VIRTUAL BAG LINK?**
 - 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>

.....

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.

.....

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