

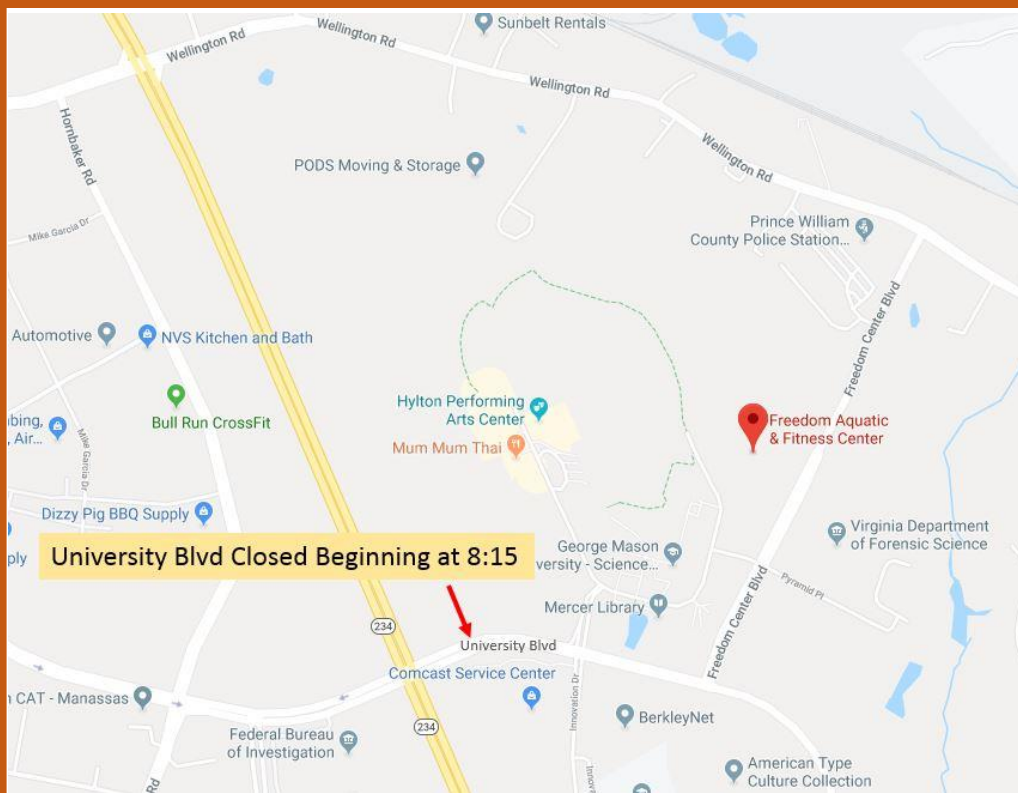


THURSDAY, NOVEMBER 28, 2019

8:30 Turkey Trot 5k

9:30 Mashed Potato Mile

Freedom Aquatic and Fitness Center, 9100 Freedom Center Blvd, Manassas



PARKING and DIRECTIONS

Please arrive at the Freedom Center no later than 50 minutes prior to your race time. At 8:15, prior to the start of the 5K, University Blvd. will be closed along the race route. At that time, you can only access the Freedom Center via Wellington Road and then Freedom Center Blvd.

PACKET PICK UP

Tuesday 11/26 3:00 p.m. – 7:00 pm
Wednesday 11/27 11:00 a.m. – 7:00 pm
Location: The Running Store – 7343 Atlas
Walk Way Gainesville, VA 2015

WAVE START

We have over 1,000 people signed up in the 5K! We will do a '**wave start**' based on your anticipated finishing time. Look for the signs at the start line.

1 Mile Mashed Potato Run/Walk: Please note that this race is an untimed event.

RESULTS AND AWARDS

- **All 14 & Under runners for both the 5k and 1 Mile race receive a race medal**
- **Race Results kiosk:** Results will be posted in the Freedom Center gym. In addition, you are welcome to receive a print out of your race finish place and time.
- **5k Awards:** There is no formal awards ceremony – just pick your award up inside the gym! The top 5 men and women receive Running Store gift cards as follows: \$100/\$75/\$50/\$25/\$25. The top 3 male and female 5K finishers in each of the following 5K age groups receive awards: 10 & Under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+.

BEFORE, AFTER AND DURING THE RACE

- **Stay Warm:** The Freedom Center has opened their doors to our participants. Feel free to visit the inside gymnasium; please do NOT crowd the lobby area.
- **Restrooms:** Available in the Freedom Center.
- **Photo Booth:** Race our turkey at our free "photo booth style" backdrop!
- **Photo Props:** Add some spice to your pictures with our photo props!
- **Lucky Bibs:** Check the back of your bib for a surprise lucky winner sticker. 100 bibs will be chosen at random; winners receive a special Pumpkin Pie Duck Donut after the race (just show your bib to the Duck Donuts peeps).
- **Photos:** FREE downloadable photos courtesy of Let The Light in Photography at <http://letthelightinphotography.com/race-photos/>