

## Freedom Challenge Final Instructions

Please read thoroughly! Front and Back

### Freedom Challenge 5k/15k/Relay Race Location

- Packet Pickup/On-site Registration and Race Start/Finish will be at Walnut Creek Baptist Church, 6015 W. Ridge Rd. Erie, PA 16506 (next to Fortis Institute on south side of W. Ridge Rd.)

### Packet Pickup/On-site Registration

- Sunday, May 27<sup>th</sup> from 11:30 AM – 4:30 PM
  - For quicker packet pickup, please print and bring your "Final Instructions" email containing the barcode.
- Monday, May 28<sup>th</sup> from 6:15 AM – 7:15 AM
  - For quicker packet pickup, please print and bring your "Final Instructions" email containing the barcode.
  - Due to long lines and time constraints it is advised that packet pick-up and registration be done on Sunday May 27<sup>th</sup> (Race will not be delayed if those in line at 7:15 have not been served.)

### Race Day Information

- Plenty of parking is available at the Fortis Institute next to the church. We ask that everyone park there. The parking spaces marked with yellow lines immediately surrounding the Asian King restaurant are not available. Parking at the church will be limited to members of the Freedom Challenge race crew. Please do not park on W. Ridge Rd: you will be towed and ticketed.
- Portable Restrooms will be available in the church parking lot for male participants. Female participants may use either of the restrooms adjacent to the church lobby.
- Opening ceremonies will begin at 7:20 AM. The 15k and Relay races will start at 7:30 AM. We will stage runners by estimated pace starting with those 8 minutes per mile and under.
- **15k and Relay Participants:** There are four water stations along the 15k route: water station #1 is on Millfair Rd. at mile 2; water station #2 is at Church of the Cross on Millfair Rd. at mile 3.5; water station #3 is at the corner of Heidler Rd. and Bear Creek Rd. at mile 6; and #4 is at the corner of Bear Creek and Route 20 at mile 8.
  - Water station #1 will have water only.
  - Water station #2 will have water and Gatorade.
  - Water station #3 will have water and Gatorade.
  - Water station #4 will have water and Gatorade.
  - Portable restroom Location #1 corner of Heidler and Millfair.
  - Portable restroom Location #2 corner of Heidler and Bear Creek
- **Relay Participants:**
  - Water station #2 (Church of the Cross) & water station #3 (intersection of Heidler & Bear Creek) also serve as relay stations.
  - Relay members may attend opening ceremonies, but will need to drive themselves to their relay points immediately following the opening ceremonies and before the start of the race. Alternately, they may skip opening ceremonies and start off at their respective relay locations.
  - Parking is available at each relay station in the Church of the Cross parking lot and on the south shoulder of Heidler Rd. near the intersection with Bear Creek Rd.
  - We suggest that you leave your car keys with your car so that the runner arriving at the relay station can drive back to the start/finish line.
  - Those returning from the relay stations will be required to travel south to Sterrettania Rd. or Kreider Rd.
- **5k Participants:!** A self-serve water station will be set up on the north side of Swanville Rd at mile 2.
- **Kids Fun Run:!** Our second annual Kids Fun Run will begin at 9:30 AM beginning with the a race for 9-12 year olds, then 5-8 year olds, then finishing with a Toddler Trot for 2-4 year olds.

### Award Ceremony and Award Table- New This Year :

- The Award Ceremony for overall and masters winners will be at 9:30 am.
- All age group awards are self-serve. There will be table set up that will be manned by race staff who will verify times and distribute awards.
- Award medals (male and female) are for 5 year age groups for the 15k and 5k. To receive award go to the award table to verify your time.

### **Media Wall for Photo's – New**

A media wall will be located next to the award table for individual and group photos.

### **Hot Brunch and Post-Race food – (8:15-10:00)**

The post-race food and hot breakfast is free for runners only. To access this area you will need a runners bib.

Non-runners desiring to eat the brunch may be able to purchase tickets at the registration table for \$4.00 adults and \$2.00 children 12 and under. Note: if race numbers are more than expected, sale of tickets will be discontinued.

The eating area can be accessed by runners and spectators alike.

- If you have questions please email the Race Director Caleb Lancaster at [musikl6@gmail.com](mailto:musikl6@gmail.com) or call him @ 814-838-7515 ext. 4.

**Thanks for running with us - we look forward to a great race!!**