

FREEDOM'S RUN – 5K & 10K INFO

5K & 10K

Race Description

- *Type:* Out-and-back, road surface; see web site (freedomrun.org) for course details
- *Start times:* **5K - 9:00am** | **10K – 8:50am**
- *Start:* German Street, at intersection of King Street Shepherdstown, WV
- *End:* Ram Stadium, Shepherd University, Shepherdstown, WV (just down the street from start line)
- *Early Packet Pick up:* Friday before Race Day, 2pm-8pm at Student Center next to Midway Field
- *Race Day Registration/Bib Pickup:* Midway Field, Ram Stadium 6– 8:30am

Parking Options

- **Shepherd University “H” Lot**, a few hundred yards north from the Shepherd University Wellness Center on University Drive; ¼ to ½ mile walk to start line – **BEST OPTION**
- **Shepherd University Wellness Center “G” Lot** - 164 University Dr., Shepherdstown; ½ mile walk to start line
- **Shepherd University “A” Lot** – Across from White Hall 110 East High Street; ¼ mile to start
- **Shepherd University “B” Lot** – Parking Lot north adjacent to “A” Lot
- Parking on the streets of tiny Shepherdstown is **EXTREMELY LIMITED** and many spots are **permit-only**

Shuttles (AFTER race only)

there will be 2 shuttles: Local shuttles through Shepherds and buses heading back to the marathon start. Please check with driver before getting on the shuttle

Pickup Location	Time	Notes
C Lot (parking lot next to Stadium/ Finish Line)	10:30am through 2:30pm	Local Shuttle Drop-offs: <ul style="list-style-type: none">• Bavarian Inn• Shepherd University Wellness Center• Clarion Hotel & Conference Center, Shep. Bus Shuttle <ul style="list-style-type: none">• Marathon start line, Cavalier Heights Visitors Center, Harpers Ferry

Bag Drop

- Put your bib number on the bag to assist with sorting at pickup
- Drop and pick up bag at bag check tent at Ram Stadium (just down King Street from start line)

Hydration/Fuel/Aid Stations

Mile	Race	Offerings
2.0	5K	Water
3.0	10K	Water
5.0	10K	Water
Finish	5K & 10K	Water/Food/Beer*

*For participants 21 or older. Please drink responsibly and make use of designated drivers where applicable.

Cutoff Information

- Course will be open until 2pm (5 hours after start gun)