

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:* King Street (in front of Town Hall near the intersection with German Street), Shepherdstown, WV
- *End:* Ram Stadium, Shepherd University, Shepherdstown, WV (just down the street from start line)
- *Race Day Registration/Bib Pickup:* Midway Field, Ram Stadium (NOT Shepherd Wellness Ctr.), 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
- **Shepherdstown Middle and Elementary Schools** – 54 Minden St. Shepherdstown; ½ mile to start line
- **St. Agnes Catholic Church** – 106 South Duke St., Shepherdstown, WV; ¼ mile to start line
- Parking on the streets of tiny Shepherdstown is **EXTREMELY LIMITED** and many spots are permit-only for residents – tickets and/or towing possible in those spots

Shuttles (AFTER race only)

Pickup Location	Time	Notes
Bavarian Inn (post-race celebration area) 164 Shepherd Grade Rd, Shepherdstown, WV	10:30am through 2:30pm	Drop-offs: <ul style="list-style-type: none">• Shepherd University Wellness Center• Clarion Hotel & Conference Center, Shep.• 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)

2014 Freedom's Run 5k and 10k Run

Finish - 50 yard line



SHEPHERD UNIVERSITY

Wellness Center
(Friday Expo)

45

Shepherdstown

ALT 45

Two Rivers Treads
Freedom's Run
Headquarters

Start - in front of McMurrin Hall

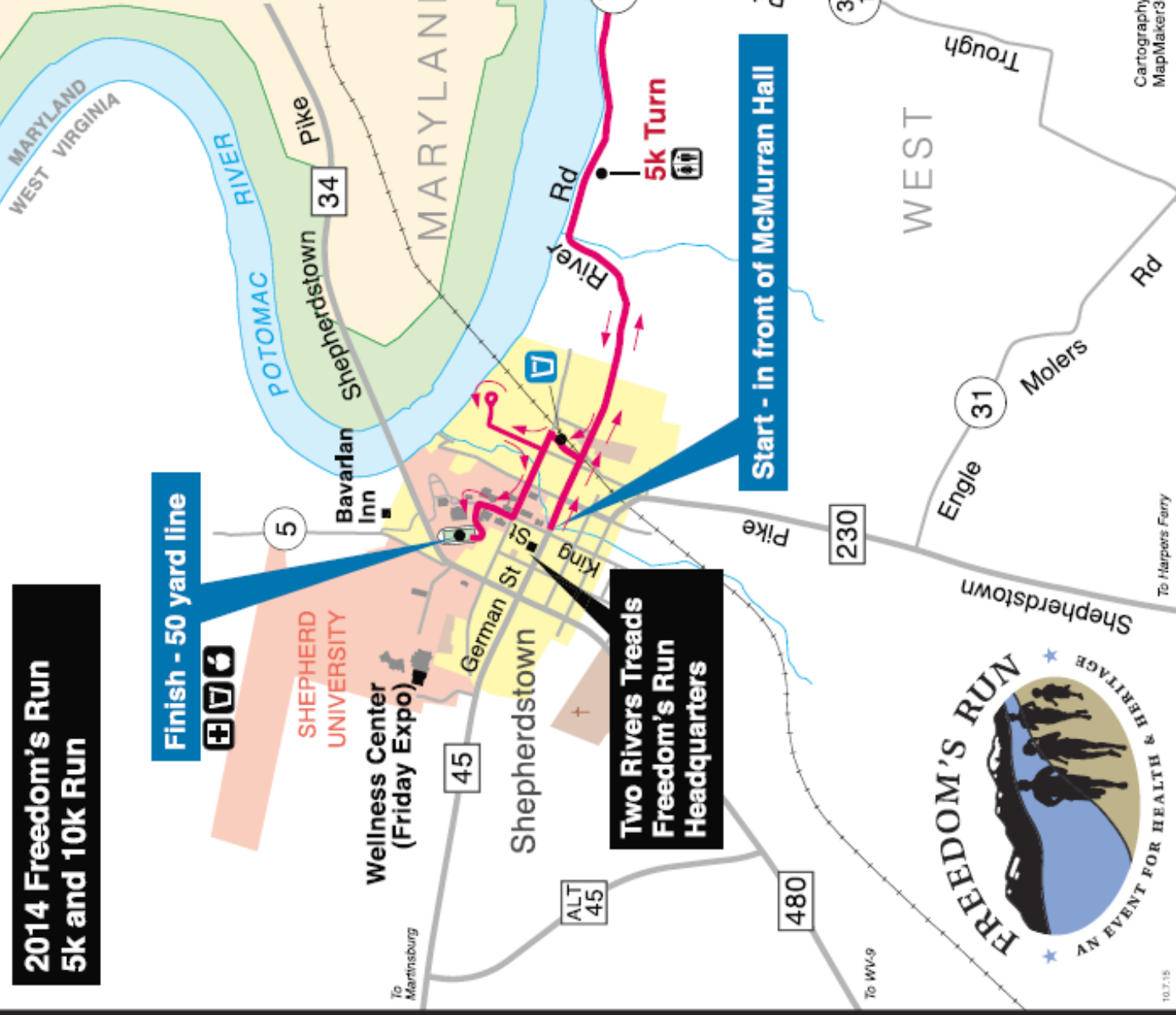
5k Turn

10k Turn

No electrolyte

Legend

- Freedom's Run routes
- Medical station
- Portable toilets
- Water, electrolyte, and portable toilets
- Water only
- Food station



MARYLAND WEST VIRGINIA

Shepherdstown Pike

German St

King St

17

31

34

5

230

480

31



Two Rivers Treads
RUN · WALK · HEALTH

Cartography by Lori Simmons
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To Harpers Ferry

To WV-9

10.7.15