

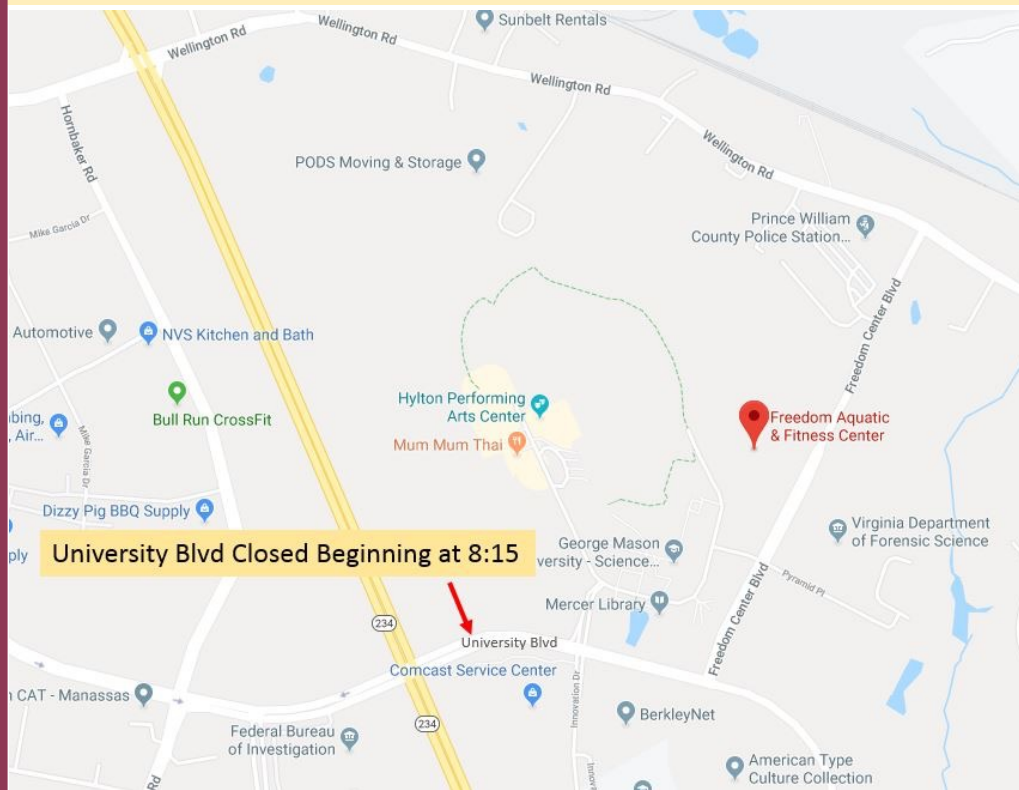


THURSDAY, NOVEMBER 23, 2023

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 PICKUP

The Freedom Aquatic & Fitness Center
9100 Freedom Center Blvd
Manassas, VA 20110

Wednesday, 11/22, 3:00 pm – 7:00 pm

Please note that Packet Pick Up is NOT at The Running Store

RESULTS AND AWARDS

- All runners receive a custom medal, shirt, bib and digital finisher's certificate. New for 2023, all participants at packet pick up will receive a Bundt Cake sampler and \$10 Running Store cash.
- **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 3 overall men and women receive Running Store gift cards as follows: \$75,\$50,\$25. The top 3 male and female 5K finishers in each of the following 5K age groups receive Running Store gift cards (\$15/\$10/\$5): 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 will be open to our all participants!
- **Restrooms:** Available in the Freedom Center.
- **1 Mile Race:** Please note the 1 Mile Mashed Potato Run/Walk is untimed
- We will offer 1 water station at the 1.5 mile mark of the race. Small unopened water bottles will be available on a table for runners. In addition, small water bottles will be available at the end of the race.
- Due to runner safety protocols the race route is closed to spectators. Only authorized race staff, PWC Police, GMU police, and traffic control employees are permitted on the race route
- **Photo Booth:** Check out the photo booth in the Freedom Center gym
- **Photos:** Photos taken by Bushnell Photography at <https://bushnellphotography.smugmug.com/event/Fun-Run-Racing-Events/2zkRdR>