

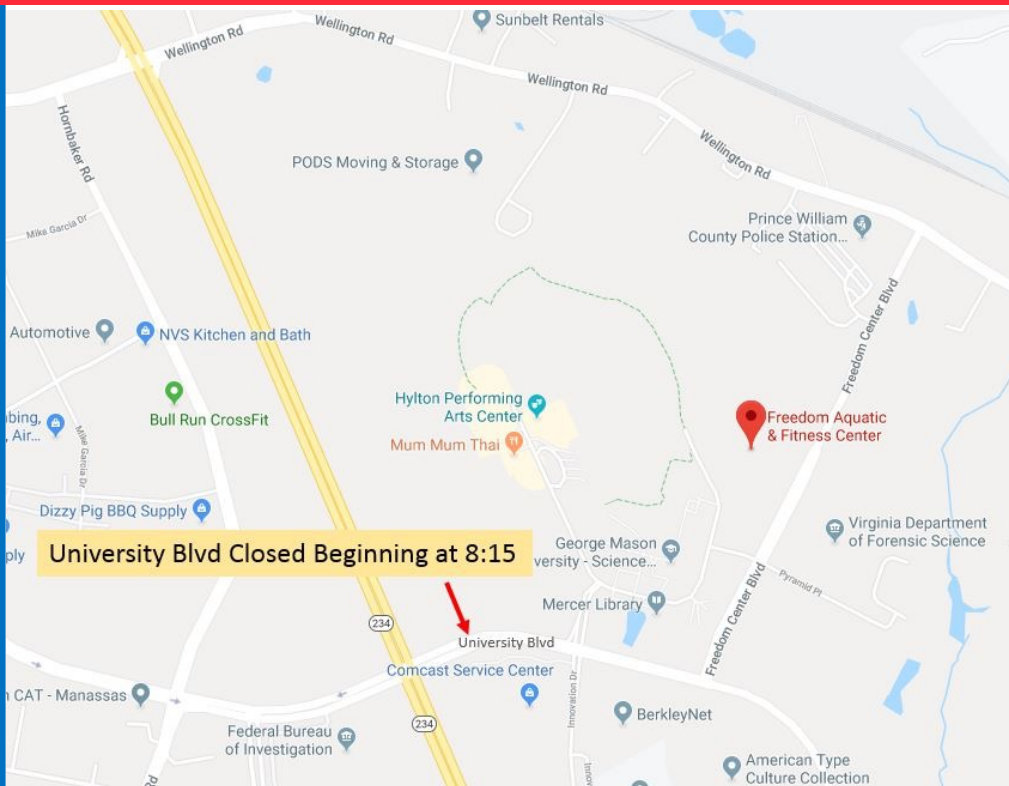


**TUESDAY, JULY 4, 2023**

8:30 Freedom Firecracker 5k

9:30 Sparkler 1 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

This race will feature race day packet pickup only. Race day packet pickup will open at 7 am. Please arrive at least 45-60 minutes prior to your race.

### **Packet pickup location:**

Freedom Aquatic and Fitness Center - Inside the gym  
9100 Freedom Center Blvd, Manassas

## SWAG AND AWARDS

- All 5k and 1 Mile runners will receive a custom race shirt, medal, custom bib and a digital finisher's certificate. All registrants will also receive a **FREE** 8 oz Kona Ice of their choice after the race!
- There is no formal awards ceremony – just pick your award up at race headquarters near the start/finish line! 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, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+.

## BEFORE, AFTER AND DURING THE RACE

- Strollers: allowed
- Dogs: not allowed due to safety concerns
- The 5k has a course time limit of 60 minutes (19 min/mile). The 1 Mile Run/Walk IS NOT timed.
- We will offer 1 water station at the 1 ½ 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.
- We will not be serving food at the end of the race except for KONA Ice.
- We will adhere to all Virginia Department of health guidelines for running races and abide by RRCA's best practices for conducting safe running events.