

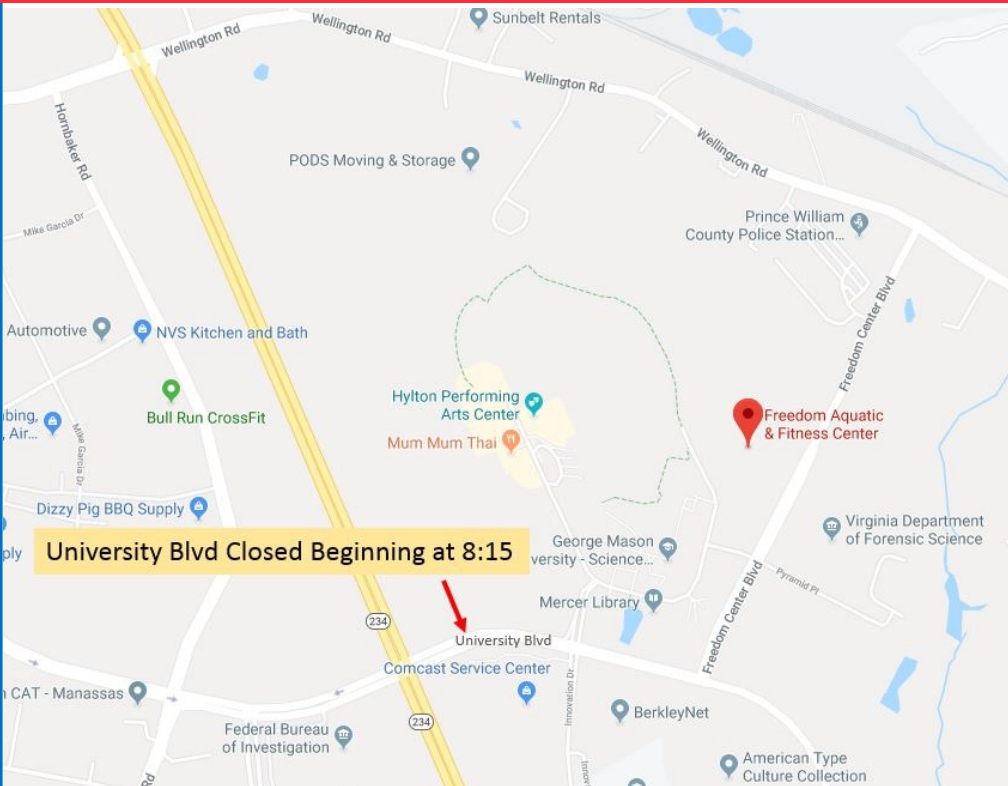


**SUNDAY, JULY 4, 2021**

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

Date: Saturday, 7/3 11 am – 7 pm  
Location: The Running Store – 7343 Atlas  
Walk Way Gainesville, VA 20155

## WAVE START

We will do a '**wave start**' based on your anticipated finishing time. Look for the signs at the start line.

**1 Mile Sparkler Run/Walk:** Please note that this race is an untimed event.

## RESULTS AND AWARDS

- All runners will receive a custom race medal at packet pick up
- 5k Overall Finishers: The top 3 male and female finishers receive a gift card from The Running Store – \$100/\$75/\$50
- 5k Age Group Awards: Top male and female in each age group receive Limited Edition Goodr 4th of July sunglasses – 10 and 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+

## BEFORE, AFTER AND DURING THE RACE

- Participants are requested to practice social distancing prior to the race.
- Due to COVID safety protocols, there will be no post-race food.
- Water bottles will be available to participants at the 1.5 mile mark of the race and at the end of the race.