

Directions: **From I-64** — Take Exit 250B (Route 105) towards Yorktown and go 3.8 miles to Route 17. Turn right on to Rt. 17, go south 1.9 miles and turn right at the 4th stop light on to Amory Lane. Grafton High School is just two blocks.

From Gloucester — Take Route 17 south over the bridge at Yorktown and, after the bridge, travel 6.0 miles south and turn right at the stop light on to Amory Lane. Grafton High School is just two blocks. Note that Amory Lane is 1.9 miles and the 4th stop light past Ft Eustis Blvd (Route 105).

Park in the High School parking lots. Do not park in surrounding townhouse communities which have parking restrictions. Runners are encouraged to arrive by 7:15 am.

Course: The race starts and ends next to Grafton High School and consists of unpaved roads and paths, some paved roads, trails around a lake and through scenic fields and woods. A few weeks before the race the course will be available on a link provided on the web site: www.yorktownrotaryclub.org. Just click the “freedom run” on the left and look for the link to the course map.

Information Get updates on the race, course details and additional flyers at: www.yorktownrotaryclub.org

More Flyers Race Directors: Jim Sawhill, 757-898-7871 (jimsawhill@hotmail.com) and Bill Pope, 757-877-7331

Awards: Medals and Cash Prizes (\$100, 50, 25) go to the first three eligible overall male and female runners and the first three male and female masters (40 & over).

Winners must receive their prizes in person when announced at the post-race award ceremony.

Special medals will be given to the top three finishers in the following categories:

Male: 12 & under, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44
45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.

Female: 12 & under, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44
45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.



Lots of Refreshments after the Race.

All funds raised by this race will provide scholarships at local High Schools and give support to a wide range of youth and community services.

We thank all of our sponsors for their support



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