



October 23, 2016 7:30 am Freedom Center Manassas, VA

9100 Freedom Center Blvd.
Manassas, VA 20110

www.tritnow.com

Welcome to the Spirit Run! Have fun adding to the October spirit by wearing your best Halloween orange and black! Our photographer will capture your costumes and smiles for happy memories.

Parking at the Freedom Center is easy and free! There is a large parking lot available. Please note that a portion of the lot will be used as the transition area for the duathletes' bicycles.

PACKET PICKUP BRING YOUR PHOTO I.D.

get bibs, giveaways from some of our sponsors, and your purchased race shirts

Saturday, 10/22 from 1:00 to 2:00 pm at the race venue

Sunday, race morning from 6:30 to 7:00

Note: You may have someone else pick-up your bib number on Saturday. The person getting your number will need ID for himself or herself, a note from you (a copy of an email is fine), and a signed statement that the number will be used only by you. Unauthorized bib transfers represent real scoring and security issues for the race directors. Please follow these rules to keep everything fair!

Schedule for race morning:

6:30 to 7:00: Packet pickup available at the race venue. Also pick up your timing chip then (these will be on an ankle band).

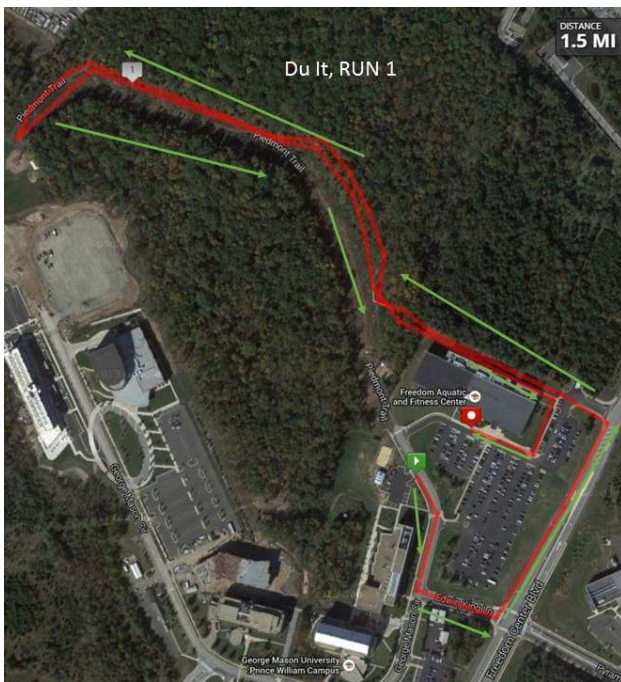
7:15 race instructions meeting for Du It and the Spirit Run

7:30 race start

Following race: light snacks and the awards ceremony. We will have door prizes to give away, thanks to our wonderful sponsors! Stay around and see what you might win.

- The photographer will be taking a lot of pictures.....so smile a lot during the event!!! 😊
- And remember that this event is rain or shine. The only thing that would stop the run is dangerous conditions.
- We will have for sale a limited number of Cupid Run shirts, in case you missed online sales. Price will be \$10 (cash only).

The course: This is a two-loop run course totaling 3.1 miles (5k)



Loop 1: about 1.5 miles [Map](#)

Start: George Mason Circle

- Left turn onto Edwin King Lane
- Turn left onto Freedom Center Blvd and continue running in the lane closest to the sidewalk to LEFT turn into driveway into the Freedom Center.
- Go straight on driveway behind the building to start of mulch path.
- Continue on mulch path to the gravel dust trail.
- Bear RIGHT onto the trail and continue to follow it until you reach the turn-around cone.
- Circle the cone and return along the trail till you exit the woods (same spot where you entered).
- When exiting the woods, continue straight on the driveway.
- At the corner of the building, turn right onto sidewalk.
- At front corner of the building, turn right and run on sidewalk along front of the building to entrance to the transition area (do not enter transition area...just continue straight on the sidewalk to begin loop 2)

Loop 2: about 1.6 miles [Map](#)

- Continue past transition area staying on the sidewalk in front of the Freedom Center building
- At the stop sign, cross the road and turn LEFT and continue on sidewalk until you reach the turn-around cone after Edwin King Lane.
- Return to sidewalk passing in front of the Freedom Center building.
- Turn left to go around the building.
- At back corner of building, turn left onto driveway behind the building.

- Go STRAIGHT on grass and onto trail into the woods
- Follow trail to turn-around sign.
- Return on trail through woods to the open grass area near the building.
- Turn RIGHT on grass and continue to the finish line.

Water station provided at approximately the halfway point of the run



*Be sure to show your appreciation to our **volunteers**
and to our **sponsors and supporters:***

