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**PRESS RELEASE - FOR IMMEDIATE RELEASE**

**Freedom 10K Run & Walk 2010 Announcement**

**Greensboro, NC, April 7, 2010** Run or walk in honor of our brave military men and women while helping disabled children feel like rock stars during this year's Freedom Run & Walk, part of the Fun Fourth Festival 2010.

The Freedom Run & Walk, a 10K race, the 2-mile fun run and walk, the Tot Trot and Kids ½ K are set for on Saturday, June 26, in downtown Greensboro. The scenic courses go through historic residential areas and parks.

Headquarters, Start & Finish line and Award Ceremonies will be staged beside the Greensboro Marriott Downtown at 301 N. Greene Street.

Applications are available to download at [www.funfourthfestival.org](http://www.funfourthfestival.org) or you can register online at [www.bigfootrunning.com](http://www.bigfootrunning.com). The event is open to all ages. Be among the first 600 to register to receive a free T-shirt.

A highlight of this year's event is the addition of Miles for Smiles, a group started by local running enthusiast Janelle Robinson that matches runners with special-needs children, so kids can experience participating in a road race. The runners do the actual running – pushing the children in jogging strollers – and the kids will do the smiling.

“It’s great to have “Miles for Smiles” as part of our Freedom Run and Walk” says Mebane Ham, Coordinator. “We are looking forward to lots of fun and smiles for all in downtown Greensboro. I encourage community runners to sign up and provide assisted participation for special-needs children – truly, running for fun.”

Anyone interested in participating through Miles for Smiles, please contact Janelle Robinson 312-5170 or email her at [janellesiperek@aol.com](mailto:janellesiperek@aol.com)

**Freedom Run & Walk Schedule:**

**The 10K Freedom Run**

**Race starts 8 a.m.**

Pre-registration \$25; \$30 day of event

Registration 6:30 a.m. – 7:30 a.m.

Cash prizes. Commemorative awards.

**2-Mile Red, White and Blue Fun Run and Walk**

**Race starts 8:05 a.m.**

Pre-registration \$12; \$15 day of event

Registration 6:30 a.m. – 7:30 a.m.

Commemorative awards.

*Participants in the 2-mile run and walk are encouraged to show off their American spirit by wearing patriotic costumes, decorating strollers and baby joggers.*

**The Tot Trot & Kids ½ K race**

**Races start at 9 a.m.**

Free; no registration is required.

Token awards to all participants.

**Award Ceremonies:**

9:15 a.m.

On the Mark Sports will provide electronic timing finish line services for the 10K Freedom Run only. No pets on race and walk courses, please.

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