



Mundelein Park & Recreation District

<http://www.mundeleinparks.org>

NEWS RELEASE

FOR IMMEDIATE USE

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INDEPENDENCE DAY TRADITION CONTINUES WITH 5K RACE 'RUNNING' VIRTUALLY

Mundelein Park District's Freedom Classic adapts to times for 41st run.

Mundelein, Illinois—Mundelein Park & Recreation District (www.mundeleinparks.org) is taking its traditional Independence Day celebration event virtually with the 41st Annual Freedom Classic 5K. Participants that register online at www.mundeleinparks.org/2020FreedomClassic will receive a t-shirt and commemorative medal (first 150 registered). They can run the race on their own, anytime between July 1–5 anywhere– their neighborhood, local path, a treadmill or even the Freedom Classic 5K course (roads will not be blocked as in past events, so caution is encouraged). Participants are instructed to keep track of their time on a watch or tracking device (GPS, Garmin, MapMyRun, Strava, etc.). After completing the 5K, they are encouraged to post a picture with their time on the dedicated Freedom Classic 5K Facebook page (<https://www.facebook.com/FreedomClassic5K>).

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“Our Freedom Classic 5K has been an annual July 4th tradition in Mundelein for 40 years,” said Tracie Ouimet, Event Coordinator. “The possibility of not having the event for its 41st running, even in the face of a pandemic, just didn’t seem right. We had to come up with a way to continue the tradition and at the same time, keep runners and walkers safe.”

For those who want a little friendly competition, they can enter the "Beat the Clock Challenge" by selecting a race pace and projected finish time when they register (for example, a 9:00 minute per mile pace = a 5K race finish time of 27:58). “Beat the Clock” runners can meet and engage with Virtual Pace Leaders (7 min/mile; 8 min/mile; 9 min/mile; 10 min/mile and 11 min/mile) on the Freedom Classic Facebook page. The leaders are experienced runners who have been pacers for the race the last few years. The pace group that has the most runners/walkers to come closest to their selected finish time will be recognized in the “Winner’s Circle” on the Freedom Classic Facebook page and receive a ROCK-STAR RUNNER Certificate!

“For the last eight years, the Freedom Classic 5K has featured pacers,” said Ouimet. “These are experienced runners who volunteer their expertise to help racers maintain a certain pace in order to finish the race in a specific time. We are carrying over this concept by offering Virtual Pace Leaders on our dedicated Freedom Classic 5K Facebook page.”

Registration for the 2020 Freedom Classic is online only **and must be completed by WEDNESDAY, JUNE 17**. Cost is \$25. An additional a \$5 donation to the Mundelein Parks Foundation (501 (c)3) can be made for recreational scholarships awarded to local families in need so their children can attend summer camp. Participants are reminded to practice social

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distancing and stay six feet or more from people while running.

The 2020 Freedom Classic 5K is possible in part with the support of sponsors McDonald's (Mundelein locations), NovaCare Rehabilitation, Mundelein Community Bank and Sysmex America, Inc.

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