



9th edition

SUNDAY
OCTOBER 19, 2023
8:00 AM - 12:00 PM

C&O CANAL NATIONAL
HISTORIC PARK
(GREAT FALLS, MD)

HONORING A HERO'S LEGACY: GENERAL THADDEUS KOSCIUSZKO WAS A POLISH, LITHUANIAN, AND AMERICAN HERO. HIS UNWAVERING COMMITMENT TO LIBERTY, FREEDOM, AND EQUALITY DURING POLISH AND LITHUANIAN UPRISINGS AND THE AMERICAN REVOLUTIONARY WAR, HAS IMPACTED GENERATIONS.

WE INVITE YOU TO BE A PART OF THE KOSCIUSZKO FREEDOM RUN, WHERE WE PAY TRIBUTE TO HIS REMARKABLE CONTRIBUTIONS AND CONTINUE HIS LEGACY. PLAY A ROLE IN CARRYING IT FORWARD! GREAT FUN AND THE SPIRIT OF POSITIVE SPORTSMANSHIP AND COMPETITION, GUARANTEED!

REGISTRATION IS FREE AND EACH PARTICIPANT WILL BE AWARDED A SPECIAL MEDAL AS WELL AS A SOUVENIR - A TOKEN OF APPRECIATION FOR THEIR PARTICIPATION.

BUT THAT'S NOT ALL - THERE'S AN EXCITING INCENTIVE FOR THE WINNERS! THE TOP PERFORMERS IN THE 5K RACE WILL BE HONORED WITH SPECIAL PRIZES, RECOGNIZING THEIR REMARKABLE ACHIEVEMENT AND DETERMINATION.

5K RUN:

A CHALLENGE FOR ADULTS TO EMBRACE THEIR INNER ATHLETE.

1K KIDS' FUN RUN:

A JOYFUL DASH FOR THE YOUNG ONES. INSTILLING THE SPIRIT OF PURSUIT.

REGISTRATION

