

**For Immediate Release**

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## **Run in Lincoln's Footsteps with Joan Benoit Samuelson at the First Annual Freedom 5K XC at President Lincoln's Cottage**

*On September 27<sup>th</sup>, runners will tread the same grounds that Lincoln did with Olympic Marathon Champion Joan Benoit Samuelson at the historic Soldiers' Home in Northwest Washington, D.C.*



**Washington, D.C.** – On September 27<sup>th</sup>, runners will become a part of history when they join Olympic champion Joan Benoit Samuelson at the first annual Freedom 5K XC at President Lincoln's Cottage! After winning the Boston Marathon twice, Ms. Benoit Samuelson went on to become the first woman to ever win the gold medal in the Olympic marathon at the 1984 Olympic Games in Los Angeles. The Freedom 5K XC, a unique cross country event open to the general public, provides a rare opportunity for runners and walkers alike to race on the 250 acre Armed Forces Retirement Home (AFRH) campus, where President Lincoln and his family resided during his presidency. All proceeds and donations support preservation, award-winning programs, and innovative initiatives such as the Students Opposing Slavery program at President Lincoln's Cottage, the only privately funded National Monument in the nation.

The Freedom 5K XC begins in the nation's first National Cemetery – the final resting place for thousands of men and women who paid the ultimate sacrifice for freedom – and traverses the picturesque AFRH grounds, on roads and paths that wind past ponds, woods, and fields. As a cross country-style course, the running surface will include paved and unpaved pathways. The run culminates at President Lincoln's Cottage, "the Cradle of the Emancipation Proclamation," where Lincoln developed his seminal document in our country's ongoing struggle for freedom.

The Freedom 5K XC will take place on Saturday September 27<sup>th</sup> at 8:00 am. Early bird registration is \$30 and ends on August 27. Registration after August 27<sup>th</sup> is \$40 per person. Registration for the Freedom 5K XC is managed by Potomac River Running Club; to register online and get more information visit [www.lincolncottage.org/Freedom5KXC14](http://www.lincolncottage.org/Freedom5KXC14). Contact President Lincoln's Cottage with questions at 202-829-0436 ext. 31232 or [Freedom5K@savingplaces.org](mailto:Freedom5K@savingplaces.org). Ms. Benoit Samuelson will be available for photo opportunities and pre-arranged interviews following the race; contact Hilary Malson (202-829-0436 x31228, [hmalson@savingplaces.org](mailto:hmalson@savingplaces.org)) to request an interview with Ms. Benoit Samuelson.

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President Lincoln's Cottage, "the Cradle of the Emancipation Proclamation," is located on the grounds of the Armed Forces Retirement Home in Washington, DC. While living here for more than a quarter of his presidency, Abraham Lincoln bonded with soldiers and veterans, made crucial decisions about the Civil War, and, most notably, developed the Emancipation Proclamation his first summer in residence. His daily commute put him in regular contact with wounded soldiers and self-emancipated men, women, and children. Today, the site offers an intimate, never-before-seen view of Abraham Lincoln's presidency and private life, and new perspectives on the influential ideas Lincoln developed while living here. Hours of operation: The Robert H. Smith Visitor Education Center is open 9:30am-4:30pm Monday-Saturday and 10:30am-4:30pm Sunday. Cottage tours are on the hour, 7 days a week. For more information on President Lincoln's Cottage, visit: [www.lincolncottage.org](http://www.lincolncottage.org) or call 202-829-0436.

The National Trust for Historic Preservation, a privately-funded non-profit organization, works to save America's historic places. The National Trust opened President Lincoln's Cottage to the public in 2008 following an eight-year restoration effort. For more information, visit: [www.preservationnation.org](http://www.preservationnation.org).

Joan Benoit Samuelson's name is synonymous with women's running. She began running track in high school in the town of Cape Elizabeth, Maine. Samuelson continued on to Bowdoin College, where her career soared. She received All-American honors in cross-country and track, and won the Boston Marathon in 1979, setting an American and course record, all before she graduated. Samuelson won the Boston Marathon again in 1983, this time breaking the world record. One year later, at the age of 27, she won the gold medal in the first women's marathon at the Los Angeles Olympics. In 1985, Samuelson won the Chicago Marathon with an American record time of 2:21:21. Currently, she is a consultant to Nike, Inc. and a clinician, conducting numerous running, health, and fitness clinics throughout the United States and the world. Samuelson is also an experienced motivational speaker, giving regular addresses to corporations, civic groups, schools, and athletes. She has authored two books, her autobiography *Running Tide* (Knopf, 1987), and *Joan Samuelson's Running for Women* (Rodale Press, 1995). For more information, visit: [www.joanbenoitsamuelson.com](http://www.joanbenoitsamuelson.com).