



For Immediate Release

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Joan Benoit Samuelson Runs Inaugural Freedom 5K XC at President Lincoln's Cottage

District resident Sebi Devlin-Foltz beats nearly 230 runners with a remarkable 16:42 race time.

Washington, DC – Olympic champion Joan Benoit Samuelson presented District resident Sebi Devlin-Foltz the top prize at the inaugural Freedom 5K XC at President Lincoln's Cottage on Saturday September 27th. Samuelson, the first woman to win the gold medal in the Olympic marathon at the Los Angeles games in 1984, was the honorary host of the Freedom 5K XC event, which traversed the historic 250-acre Armed Forces Retirement Home campus in Northwest Washington, DC. Nearly 230 runners from across the DC metropolitan area competed in this inaugural event, which curved past historic buildings, around ponds and meadows, and through a wooded road before a final uphill climb to the lawn of President Lincoln's Cottage, where Abraham Lincoln developed the Emancipation Proclamation. The Freedom 5K XC supports preservation, award-winning programs, and innovative initiatives including the Students Opposing Slavery program at President Lincoln's Cottage, the only privately funded National Monument in the nation.

Samuelson crossed the finish line with Katie Paulson-Smith at 21:48 time, the first place finisher for the women's competition. The second and third place winners in the men's division were Andrew Fleisher and Craig Baumgartner, with 16:51 and 17:35 times respectively. Rounding out the women's competition were Katherine Fox in second place with a 22:09 finish time, and Nikki Pisha in third with a time of 22:10. Registered runners ranged in age from 10 year old Reese Crochet of Alexandria VA to Charles Felder, age 78, a retired Marine and current resident of the Armed Forces Retirement Home. Samuelson's remarks referenced the challenging hills and scenic beauty of the course as well as the powerful history of what President Lincoln accomplished at the site, and the continued need to fight against slavery today. She commended all participating walkers and runners for their determination in completing the race.



Pictured: Ms. Joan Benoit Samuelson and Ms. Katie Paulson-Smith crossing the finish line at the Freedom 5K XC at President Lincoln's Cottage on Saturday September 27, 2014. Photo: ©Max Krupka Washington Executive Photographic Services, courtesy President Lincoln's Cottage.



Pictured: Mr. Charles Felder, Mr. Sebi Devlin-Foltz, and Ms. Joan Benoit Samuleson at the Freedom 5K XC at President Lincoln's Cottage on Saturday September 27, 2014. Photo: ©Max Krupka Washington Executive Photographic Services, courtesy President Lincoln's Cottage.



Pictured: Runners at the starting line of the Freedom 5K XC at President Lincoln's Cottage on Saturday September 27, 2014. Winner Sebi Devlin-Foltz of Washington, DC is pictured second from left in blue shirt and orange shorts. Photo: ©Max Krupka Washington Executive Photographic Services, courtesy President Lincoln's Cottage.

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 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.

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.