



Facts about RetroRunning™ Weekend

- 1 What:** RetroRunning™ Weekend is full of throwbacks to the '60s, '70s and '80s along with a Saturday morning race in the gateway to the Smoky Mountains, Pigeon Forge, Tenn. Attendees 40 years and older will experience many types of activities such as health seminars, live music and retro dance lessons, just to name a few. RetroRunners will also have the opportunity to attend workshops focused on topics that those 40 and up need to know, such as identity theft, legal issues surrounding long-term care, healthy living and more.

Although everyone of any age is encouraged to register and attend the weekend, the race only will be open to those 40 and older. There will be seven separate starting times to allow racers to compete against only those in their age group. The race will also be measured in miles and yards, just like in the good ol' days!

The keynote speaker for RetroRunning is the nation's leading running coach and author, Olympian Jeff Galloway. Galloway was recognized by USA Running as the "most recognized personality in running." Galloway is the founder of the Galloway Training Program which has groups in over 90 locations and is the author of Galloway's Book on Running.

- 2 When:** Fri., April 29 through Sun., May 1, 2016. The race takes place on Saturday morning, April 30.

- 3 Where:** The gateway to the Smoky Mountains: Pigeon Forge, Tennessee.

Lodging is available throughout Pigeon Forge. The host hotel is Dolly Parton's brand new and exclusive DreamMore Resort.

- 4 Why:** This unique weekend allows you to immerse yourself in the culture, sounds and feelings of your youth—the atmosphere of the 60s, 70s and 80s. Catch some of the great opportunities to learn, dance and laugh... and do all of it while making a great charitable impact in the community! It's a time to embrace the years and experiences that helped to shape who you are. From throwback music to reconnecting with those who remember lava lamps, Stretch Armstrong and growing up without the internet, the RetroRunning Weekend will be an experience that those 40 and older will not want to miss!

- 5 Charitable Impact:** The two most meaningful parts of the weekend involve honoring our veterans and impacting the lives of those in need. Lee Ellis (Leading with Honor, www.LeadingWithHonor.com) will be the Keynote Speaker for our closing Veterans' Appreciation Breakfast on Sunday morning. During the Vietnam War, Lee's aircraft was shot down over enemy territory and he was held as a POW in various prisons in the Hanoi area for over five years. His message will be a special one honoring those who served our country as well as their supporting families.

Finally, the charitable impact in the community and throughout Appalachia will be huge! \$50 of every race registration will go to charities that serve the needs in this area. 10% of all sponsor revenue is targeted to the charities as well.

- 6 Who:** Everyone is encouraged to register and attend, but only those years 40 and older will be allowed to participate in the race on Saturday morning.

- 7 Register:** www.GoRetroRunning.com

RetroRunning™
A Weekend of Retro Fun!
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