



For Immediate Release

Contact: Curtis Harris

202-688-3729

charris@savingplaces.org

Joan Benoit Samuelson Runs Second Annual Freedom 5K at President Lincoln's Cottage

Jarrold Brennet sets top pace for all runners with time of 17:56.

Washington, DC – Olympic champion Joan Benoit Samuelson presented Jarrod Brennet the top prize at the second annual Freedom 5K at President Lincoln's Cottage on Saturday, September 26th. 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 event, which traversed the historic 250-acre Armed Forces Retirement Home campus in Northwest Washington, DC. Nearly 200 runners from across the DC metropolitan area competed in the event, which wound 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 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.

Kristen Serafin placed first among female runners with a time of 22:41. The second and third place winners in the women's competition were Lisa Watkins and Carolyn Scully with times of 23:57 and 24:15 respectively. Rounding out the men's competition in a close finish were Ian Lutz and Jason Coates with times of 18:11 and 18:12 respectively. Registered runners ranged in age from 10-years-old to 79-years-old. Samuelson's remarks referenced the scenic beauty of the course and called the hilly grounds "a wakeup call" early in the morning. Samuelson then urged participants to carry on the spirit of Abraham Lincoln and "to build the land of the free and the home of the brave around the world" by taking action against modern slavery and human trafficking.



Pictured: Ms. Joan Benoit Samuelson crossing the finish line with another runner at the Freedom 5K at President Lincoln's Cottage on Saturday September 26, 2015. Photo: © President Lincoln's Cottage, courtesy President Lincoln's Cottage.



Pictured: Freedom 5K top finishers with Ms. Joan Benoit Samuleson at President Lincoln's Cottage on Saturday, September 26, 2015. Back Row (left to right): Men's winners Ian Lutz (second place), Jarrod Brennet (first place), and Jason Coates (third place). Front Row (left to right): Joan Benoit Samuelson, Lisa Watkins (second place), Kristen Serafin (first place), and Carolyn Scully (third place). Photo: © President Lincoln's Cottage, 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.