

**Packet Addition**  
**June 20, 2023, Township**  
**Board Special Meeting**

# Freedom Run

Traverse City Freedom Run 2023  
Peninsula Township Board Proposal  
May 11, 2023



**FREEDOM RUN 2023**  
Powered by  
Traverse City Elks Lodge #323

## INTRODUCTION AND OVERVIEW

On behalf of the Traverse City Freedom Run Steering Committee, presented by Traverse City Elks Lodge #323, its Veterans Committee, with support of the Veterans Coalition of Northwest Michigan, please accept this proposal to the Peninsula Township Board requesting permission to host a “once in a lifetime” long distance Freedom Run with international Ultra Long Distance Marathon Runner, Mr. Stan Cottrell, to promote health, fitness and community engagement through example, friendship and community outreach.

Stan Cottrell, a world-renowned ultra long distance runner whom at the age of 78 in 2021, ran across the United States for 3000 miles, from Los Angeles to Washington D.C. in the Amazing Friendship Run 2021. Stan's mission is to inspire everyone to get moving and live fit and well, stating that "if I can get up and go at 78, you all can too!" Stan's goal is to unite the world in health and wellness with a spirit of friendship. But Stan is not done yet. This September, at the age of 80, he hopes to run again, this time “in the most beautiful place on earth,” Peninsula Township, MI, to prove that age is just a state of mind. His message is clear: an active, positive lifestyle is the key to a fulfilling and joyful life! The purpose of the Freedom Run is well aligned with Stan Cottrell’s mission of health, fitness and community engagement by example.

The Freedom Run will honor our area Veterans and Active Duty Personnel from all branches of the military, including the US Coast Guard. The goal of the Freedom Run is raise awareness and funding to support our Veterans, Special Needs Children, and unmet community needs. Our hope is to engage Peninsula Township in a meaningful, memorable and service-oriented way; one that highlights its beauty and wonder, while promoting health, safety and wellbeing through a positive lifestyle.

The Traverse City Freedom Run is slated to take place on Saturday, September 30th, 2023; it is not a race; rather, a **progressive run** similar to Tom Hanks’ character in the movie, Forrest Gump. A proposed route map is also included for the Board’s review, consideration and comment. The Freedom Run is open to the general public; all potential runners will register online for their leg (length) of choice. Registration is

\$25.00 per person. Each participant will receive an autographed Freedom Run t-shirt, saying, *"I run like the wind blows,"* in addition to an opportunity to have their photo taken with Stan Cottrell at the finish line as fundraiser for the event.

As a first year event, the Freedom Run Committee anticipates 250 runners to participate, each joining Stan according to the distance of their run. The Traverse City Freedom Run is powered by Traverse City Elks Lodge #323, its Officers, Members and Volunteers. Area sponsors will be invited to support the event to defray expenses and maximize the funding for our charitable causes. Traverse City Freedom Run is coordinating with Kristi Hallett, Northwestern Michigan College Scheduler for use of their parking lot areas to begin and end the run; all runners will be transported by bus to their designated starting point to join the run with Stan. Regarding emergency services, the Freedom Run is coordinating with Rebecca Adler, Licensing Specialist for the City of Traverse City to ensure all emergency and public safety requirements are met in a quality way. Regarding temporary structures, pop-up water stations will be set-up along the route for the safety of our runners; once all the runners have passed each station, the volunteers will immediately breakdown the stand, collect empty bottles and water cups in addition to removing any refuse from the area.

Towards this end, Traverse City Freedom Run respectfully seeks consideration and approval from the Peninsula Township Board, to obtain an event permit from the Peninsula Township Zoning Administrator to hold our proposed event in compliance with the Peninsula Township Large Events Ordinance #52.

#### ADDITIONAL CONSIDERATIONS

In support of this proposal, fire protection will be requested from Chief Fred Gilstorff, Peninsula Township Fire Department. Police protection will be requested from Peninsula Township's Community Police Officer, Virnell France for the Freedom Run. Medical facilities and services; including emergency vehicles and equipment will be provided by City of Traverse City with the assistance of Rebecca Adler, Licensing.

No food or snack items will be offered during the course run. Bottled water or cups of water will be provided by the Freedom Run Committee; volunteers will assist with all event clean-up. There will be no music or loud noises at starting points in Peninsula Township, no parking in Peninsula Township during the event, and no road closures are anticipated for the proposed running route in Peninsula Township. A Certificate of Insurance will be provided for the event in the amount of \$1,000,000. with Peninsula Township named on the insurance rider. A detailed Freedom Run route map and

timeline are included in this proposal for the Board's consideration, comment and questions.

## **FREEDOM RUN EVENT LOGISTICS**

**Event Date: Saturday, September 30th, 2023**

Event Start Time: 6:00AM

Event End Time: 1:00PM

Online Advance Registration for all Runners.

Entry Fee: \$25.00

**Registration: Friday, September 29th**

Runner Packet Pick Up: 6:00AM - 6:00PM

Traverse City Elks Lodge 323

625 Bay Street

Traverse City, MI 49684

## **FREEDOM RUN TIMELINE OF EVENT**

**Long Distance Runners arrive at NMC Cedar Lot at 6:30AM.**

Dean Shuttles arrive at Lighthouse at 7:00AM.

Sunrise at 7:38AM.

Run begins at 7:45AM.

Watering station: 3.6 miles: Old Mission Road.

Runners continue onto Bowers Harbor Park: 4.7 miles.

Restrooms and Watering Station at the Park.

**Mid-Distance Runners arrive at Park by bus at 9:15AM.**

Runners join Stan at approximately 9:40AM.

Runners proceed East onto Bowers Harbor Road.

Runners take Seven Hills Road to Center Road.

Route proceeds to East Grand Traverse Boat Launch: 6.7 miles.

**Short Distance Runners arrive at DNR Boat Launch at 11:00AM**

Runners join Stan at approximately 11:20AM.

Runners proceed to East Shore Drive for final leg: 3.8 miles.

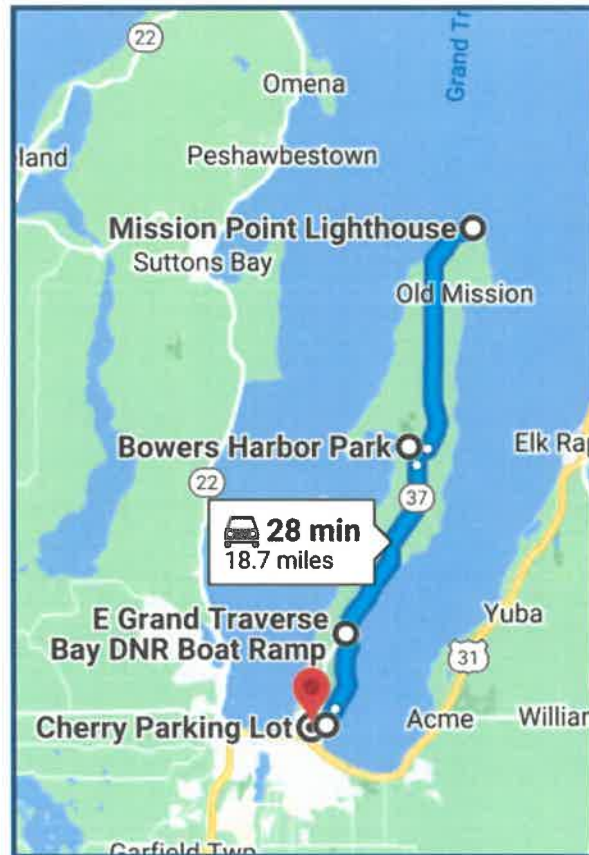
Runners enter NMC Campus Drive at approximately 12:30AM.

**Award Celebration and Honors at: 12Noon.**

**All Kids Carnival from 9:00AM to Noon at NMC in Cherry Lot.**

**Walk, Roll, Stroll 'All Kids Run' at NMC in Cherry Lot at 11:00AM.**

## PROPOSED SHARED PENINSULA TOWNSHIP ROUTE MAP



Thank you for your time and attention. I look forward to the opportunity to present at Peninsula Township's upcoming June 13th Board Meeting. Joining us, on behalf of the Traverse City Freedom Run, will be special guest, Stan Cottrell. We all look forward to our time together and answering any questions you may have concerning any aspect of this wonderful community-based health and safety event.

Respectfully submitted,

Mary Kelly Panek, Chairperson  
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