

 **Crystal Run** Healthcare presents...



FOR IMMEDIATE RELEASE

For more information contact:

Frank Giannino

845.692.9225 or email: race@classic10k.com

www.classic10k.com

Beam Team Training Runs Set to Begin 16th Season on Sunday, April 9, 2017

The Classic 10k Road Race Weekend, Saturday, June 3 – Sunday, June 4, 2017 at Middletown High School

Middletown, NY – March 31, 2017 - 2017 marks the 16th year since local racing star and former Classic 10K Race Director, Wayne Beam, started his weekly training runs back in 2002. On Sunday, April 9th the *Beam Team* will once again begin their annual training runs through the streets of Middletown in preparation of the 2017 Classic 10K Road Race presented by Crystal Run Healthcare.

Beam works with runners of all levels of training and fitness from seasoned runners, to those just starting out. "The purpose of the runs are to learn the course, meet other runners, and get in shape. What better way to get in shape?" said Beam.

The Beam Team meets at 9AM Sunday mornings at the Middletown High School. The group is open to anyone interested in training for the Classic 10K or Rowley 5K Walk and Run. Those who attend four or more training runs will receive a *Beam Team* shirt.

The 2017 Classic 10K Road Race Weekend presented by Crystal Run Healthcare, will take place Saturday June 3rd and Sunday, June 4th at the Middletown High School Track - one of only fifteen tracks in all of North America that is IAAF certified. Additionally, 2017 marks the first year that The Classic 10K is recognized as a USATF New York 10K Championship. Olympic Marathon Gold and Silver Medal Winner, Frank Shorter, who once called Middletown home, originally inspired The Classic – which today attracts more than 1,200 elite and local runners alike.

The two-day Classic will feature kid's races for ages 12 & under from 9-11AM on Saturday, June 3rd. Sunday, June 4th is "Classic Sunday" beginning at 7:30AM with the world famous The Classic 10K (6.2 miles) followed by The Rowley 5K Run and Walk (3.1 miles). The Classic weekend is completed with a top notch Community Health Expo and *Nick's Restaurant* Breakfast. Many businesses, agencies and non-profits are represented at the Expo along with live music!

For online registration, downloadable applications and for more information on special teams, race maps, team challenges, a schedule of events, videos, registration and sponsorship, visit www.classic10k.com

Cutline:

About: The Classic 10K Road Race, Inc. is an all-volunteer 501(c)3 organization and is committed to putting on a good race, encouraging citizens of the community to live and give healthily, and providing visibility to our partners. Please send any donations payable to Classic 10K Road Race, Inc. to: PO Box 4050, Middletown, New York 10941.

[The Classic 10K Road Races, Inc.](http://www.classic10k.com)

P.O. Box 4050 Middletown, NY 10941 845-692-9225 www.classic10k.com