



FOR IMMEDIATE RELEASE

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Beam Team Training Runs Set to Begin 17th and Final Season on Sunday, April 8, 2018

The Classic 10k Road Race Weekend, Saturday, June 2 – Sunday, June 3, 2018 at Middletown High School

Middletown, NY – April 2, 2018 - On Sunday, April 8th the *Beam Team*, led by Wayne Beam, will once again begin their annual training runs through the streets of Middletown in preparation of the 2018 Classic 10K Road Race presented by Crystal Run Healthcare. 2018 marks the 18th and final year since local racing star and former Classic 10K Race Director, Wayne Beam, first started his weekly training runs back in 2002.

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

The 2018 Classic 10K Road Race Weekend presented by Crystal Run Healthcare, will take place Saturday June 2nd and Sunday, June 3rd at the Middletown High School Track - one of only fifteen tracks in all of North America that is IAAF certified. 2018 marks the second 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 1,000 elite and local runners alike.

From right: George Shurter, Race Director and Wayne Beam coach the Junior Classic



The two-day Classic will feature kid's races for ages 12 & under from 9-11AM on Saturday, June 2nd Sunday, June 3rd 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 free 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

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.