



# FREED TO RUN

capitol to coast marathon series **benefitting jax legal aid**

## Freed-to-Run: 6 Marathons in 6 Days

### *Courthouse-to-Courthouse Relay*

*Monday, November 14 – Saturday, November 19*

*Tallahassee | Monticello | Madison | Live Oak | Lake City | Macclenny | Jacksonville*

Benefiting



**Jacksonville Area Legal Aid**



Founder

Mike Freed



**GUNSTER**  
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Mike Freed, *Founder*



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### EVENT INFORMATION:

**Freed to Run 6.0 is a 6 marathons in 6 days point-to-point relay** – with teams covering the distance, taking turns throughout the day. While each team member is running their section of the course, their teammates will shuttle ahead via transportation provided by Elite Parking to the next relay checkpoint and await their approaching team member.

Freed-to-Run donations are tax deductible and will go to the JALA Endowment for the Northeast Florida Medical Legal Partnership. The Baptist Health Foundation will match all donations by 125%.

Each day, relay teams will be picked-up at the Duval County Courthouse (corner of Adams St. & N. Pearl St.) and shuttled to their start line at a North Florida courthouse on a 6-marathons-in-6-days quest as follows (see daily start times/transportation schedule):

- Monday, November 14 – Florida Supreme Courthouse, Tallahassee
- Tuesday, November 15 – Jefferson County Courthouse, Monticello
- Wednesday, November 16 – Madison County Courthouse, Madison
- Thursday, November 17 – Suwanee County Courthouse, Live Oak
- Friday, November 18 – Columbia County Courthouse, Lake City
- Saturday, November 19 – Baker County Courthouse, Macclenny  
*(finishing at the Duval County Courthouse, Jacksonville)*
- Saturday, November 19 – FINISH LINE CELEBRATION @ THE DUVAL COUNTY COURTHOUSE

### ABOUT JACKSONVILLE AREA LEGAL AID:

The mission of Jacksonville Area Legal Aid Inc. is to provide high-quality legal assistance to low-income and other special-need groups and to stimulate and empower groups of poor people to accomplish energetic and affirmative advocacy, all to alleviate the circumstances, incidence and causes of poverty.

### ABOUT THE NORTHEAST FLORIDA MEDICAL LEGAL PARTNERSHIP:

The NFMLP is part of a nationwide network of projects in which professionals from the medical and legal communities combine resources to produce outcomes for low-income and vulnerable patients that positively impact their health and ability to thrive.



Mike Freed, *Founder*



## MARATHON SPONSOR

### Freed-to-Run Marathon Sponsorship

*Monday, November 14 – Saturday, November 19*

*Florida Supreme Courthouse, Tallahassee to Duval County Courthouse, Jacksonville*

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### BENEFITS

- Opportunity to set-up a table/canopy during the Finish Line Celebration event and/or during the relay
- Marathon sponsor recognition signage at the Finish Line Celebration event
- Marathon sponsor verbal recognition at the Finish Line Celebration event
- Sponsor name/logo included in all media press releases
- Sponsor name/logo included in JALA social media promoting the event
- Sponsor name/logo and link on Freed-to-Run: 6 Marathons in 6 Days web pages
- Sponsor name/logo on JALA Facebook Page
- Sponsor name/logo on the back of Freed-To-Run participant shirts

**DONATION: \$5,000**

**The Baptist Health Foundation will match all donations by 125%**

For more information, please call Dennis Harrison  
Chief Development Officer, Jacksonville Area Legal Aid  
at 904-356-8371, ext. 296, or email [dennis.harrison@jaxlegalaid.org](mailto:dennis.harrison@jaxlegalaid.org)