

Breaking Free COLOR RUN

Saturday, May 2, 2026
Evergreen Municipal Park
1001 Municipal Park Road, Evergreen, AL

Race Day Schedule

7:00 a.m. — Parking opens
7:30 a.m. — Packet pickup/check-in begins
8:30 a.m. — 5K Run & Fun Run / Walk begins
9:30 a.m. — Finish line medals and photos
9:45 a.m. — Recognition and thank-you announcements
10:00 a.m. — Event concludes

This is a fun run/walk and is not chip-timed..

Check-in

Bib pickup begins at 7:30 a.m. on race morning at Evergreen Municipal Park. Please arrive early enough to park, check in, pick up your packet, and be ready at the starting area before 8:30 a.m.

What to Bring

- Sunglasses or safety glasses
- Bandana or face covering, if desired
- Comfortable running or walking shoes
- Weather-appropriate clothing
- Towel, trash bag, or seat cover for your vehicle
- Change of clothes, if desired
- Water bottle, if desired
- Any personal medical items you may need
- Buffs will be provided to the first 30 participants.
- Wear clothes and shoes you do not mind getting colorful. White or light-colored shirts work best.

Course Information

- The start and finish line will be in the same area at Evergreen Municipal Park.
- Follow the marked paved course and listen to volunteers and event staff.
- **Runners keep left. Walkers keep right.**
- Water stations will be located along the course. Restrooms will be available and marked with signs.
- **First aid will be available near the signup/check-in area. In an emergency, call 911.**

Color Run Safety Tips

Participants will be showered with colored powder at designated areas along the course.

Volunteers will aim color powder from the shoulders down as much as possible.

- Do not throw powder directly into anyone's face.
- Wear sunglasses or safety glasses to help protect your eyes.
- Keep your mouth closed near color stations if you are sensitive to dust or powder.
- Participants with asthma, breathing concerns, allergies, or eye sensitivity should take extra precautions.
- Color powder may stain clothing, shoes, towels, car seats, or other items.
- Shake off dry powder before using water.
- Wash colorful clothing separately after the event.

Parking and Directions

Parking opens at 7:00 a.m. Follow event signs and volunteer instructions.

From I-65 North:

Exit at Exit 93. Turn right onto US Highway 84. Turn left onto US Highway 31. Follow into Evergreen and turn left at the fourth traffic light onto South Main Street. Travel about 1.5 miles to Municipal Park Road on the left.

From I-65 South:

Exit at Exit 96. Turn left onto Highway 83. Travel about 1 mile and turn left onto North Main Street. Continue about 1.2 miles, passing Sparta Academy, the railroad tracks, and a four-way stop. At the traffic light, continue straight onto South Main Street. Travel about 1.5 miles to Municipal Park Road on the left. You will pass Evergreen Hospital. Municipal Park Road has a street sign and a park sign. Parking signs will be posted.

Weather, Medals, and Recognition

- The event will take place rain or shine unless conditions become unsafe. Weather updates will be shared through The Reid State Foundation Facebook page and by announcements at the event site.
- The first 60 registered participants who cross the finish line will receive an event medal. Medals will be distributed at the finish line.
- A brief recognition and thank-you announcement will take place around 9:45 a.m.

Questions? Before race day, contact: Juliette Adams, jadams@reidstate.edu

On race day, visit the check-in table or notify the nearest volunteer for assistance.

Donate or learn more:

<https://givebutter.com/breaking-free> or scan for more information.



Breaking Free Color Run 5K

Participant Guide

Saturday, May 2, 2026

Evergreen Municipal Park 1001 Municipal Park Road Evergreen, AL

Thank you for registering for the **Breaking Free Color Run 5K Run & Fun Run / Walk**. We are excited to have you join us for a fun, colorful, and meaningful event.

Please review the information below before race day.

Race Day Schedule

7:00 a.m. — Parking opens

7:30 a.m. — Packet pickup and check-in begin

8:30 a.m. — 5K Run & Fun Run / Walk begins

9:30 a.m. — Finish line medals and photos

9:45 a.m. — Post-race recognition and thank-you announcements

10:00 a.m. — Event concludes

Since this is a fun run/walk and is not chip-timed, participants are encouraged to go at their own pace and enjoy the event.

Packet Pickup

Packet pickup will begin at **7:30 a.m.** on race morning at **Evergreen Municipal Park**.

Please arrive early enough to park, check in, pick up your packet, attach your bib if applicable, and be ready at the starting area before the race begins at **8:30 a.m.**

What to Bring

Please bring:

Sunglasses or safety glasses to help keep color powder out of your eyes

A bandana or face covering, if desired, to help block powder from your nose and mouth

Comfortable running or walking shoes

Weather-appropriate clothing

A towel to sit on in your vehicle after the race

A change of clothes, if desired

Water bottle, if desired

Any personal medical items you may need

Bufs will be provided to the first 30 participants.

Participants should wear clothes and shoes they do not mind getting colorful. White or light-colored shirts work best if you want the color to show.

About the Color Powder

This is a color run, which means participants will be showered with colored powder at designated areas along the course.

The powder is intended to be fun and festive, but participants should still use caution. Please avoid intentionally throwing powder directly into anyone's face. Volunteers will be instructed to aim color powder from the shoulders down as much as possible.

Color powder may stain clothing, shoes, towels, car seats, or other items. We recommend bringing a towel or trash bag for your vehicle and a change of clothes if you have plans after the event.

To help remove color powder after the race, shake off as much dry powder as possible before using water. Washing clothes separately is recommended.

Participants with asthma, breathing concerns, allergies, eye sensitivity, or other medical concerns should use their best judgment and may want to wear sunglasses, a bandana, or other protective covering.

Course Information

The start and finish line will be located in the same area at **Evergreen Municipal Park**.

Participants should follow the marked paved course and listen to instructions from volunteers and event staff.

Runners should keep left. Walkers should keep right.

If you need to pass another participant, please call out politely and pass with care.

If you need to slow down, stop, or adjust your shoes, please move to the side of the course when possible.

Water stations will be located along the course.

Restrooms will be available and marked with signs.

First aid will be available near the signup/check-in area. Please look for the first aid sign or ask a volunteer for help.

This event will not use timing chips. Participants may run or walk at their own pace.

Parking Information

Parking opens at **7:00 a.m.**

Please follow event signs and volunteer instructions when arriving at Evergreen Municipal Park. Parking signs will be posted to help direct participants.

Please do not park along the race route or in areas blocked for emergency access, volunteers, or event staff.

Directions to Evergreen Municipal Park

Evergreen Municipal Park

1001 Municipal Park Road
Evergreen, AL

From I-65 North

Exit at **Exit 93**.

Turn right onto **US Highway 84**.

Turn left at the large intersection onto **US Highway 31**.

Follow this street into Evergreen and turn left at the traffic light at **South Main Street**. This is the fourth traffic light.

Travel approximately **1.5 miles** to **Municipal Park Road**.

You will pass **Evergreen Hospital**. Municipal Park Road will be on your left. It has a street sign, and there is also a sign for the park. Event parking signs will be posted.

From I-65 South

Exit at **Exit 96**.

Turn left onto **Highway 83**.

Travel approximately **1 mile** and turn left onto **North Main Street**.

Continue for about **1.2 miles**, passing **Sparta Academy**, the railroad tracks, and a four-way stop.

At the traffic light, continue straight onto **South Main Street**.

Travel approximately **1.5 miles** to **Municipal Park Road**.

You will pass **Evergreen Hospital**. Municipal Park Road will be on your left. It has a street sign, and there is also a sign for the park. Event parking signs will be posted.

Safety Reminders

Your safety is important to us. Please review the following reminders before race day.

Stay on the marked paved course at all times.

Follow directions from volunteers, event staff, and any public safety personnel.

Runners should keep left. Walkers should keep right.

Use caution at turns, intersections, and areas where the pavement may be uneven.

Be aware of other runners and walkers around you.

If you need to pass another participant, please call out politely and pass with care.

If you need to slow down or stop, move to the side of the course when possible.

Stay hydrated before, during, and after the event.

Do not participate if you are feeling sick, dizzy, faint, or unwell.

If you need assistance during the race, notify the nearest volunteer or event official.

In case of an emergency, call 911.

Color Run Safety Tips

Wear sunglasses or safety glasses to help protect your eyes.

Bring a bandana or face covering if you would like to help block powder from your nose and mouth.

Keep your mouth closed when passing through color stations if you are sensitive to dust or powder.

Do not throw powder into another participant's face.

Shake off extra powder before getting into your vehicle.

Bring a towel, trash bag, or seat cover for your car.

Wash colorful clothing separately after the event.

Participants with breathing concerns, allergies, or eye sensitivities should take extra precautions.

First Aid and Race-Day Assistance

First aid will be available near the signup/check-in area. Please look for the first aid sign.

If you need help during the event, please notify the nearest volunteer or event official.

For serious medical emergencies, call **911** immediately.

For general race-day questions, please visit the check-in table.

Weather Policy

The event will take place rain or shine unless conditions become unsafe.

In the event of severe weather, lightning, or other safety concerns, event officials may delay, modify, or cancel the race.

Race-day weather updates will be shared through **The Reid State Foundation Facebook page** and by announcements at the event site.

Medals and Recognition

The first 60 registered participants who cross the finish line will receive an event medal.

Medals will be distributed at the finish line.

A brief post-race recognition and thank-you announcement will take place around **9:45 a.m.**

This event is designed to be fun, encouraging, and family-friendly. Since there are no timing chips, official race times will not be recorded.

Participants are encouraged to enjoy the course, support one another, and celebrate at the finish line.

Event Conclusion

The event is expected to conclude around **10:00 a.m.**

Participants are welcome to stay briefly after finishing for photos, fellowship, and sponsor recognition.

Questions Before Race Day?

For questions before race day, please contact:

Juliette Adams

jadams@reidstate.edu

On race day, participants should visit the check-in table or notify the nearest volunteer for assistance.

Thank you for supporting the **Breaking Free Color Run 5K Run & Fun Run / Walk**. We look forward to seeing you on race day!

What You're Running For

The **Breaking Free Color Run 5K Run & Fun Run / Walk** is more than a community race. It is an opportunity to come together in support of domestic violence awareness, prevention, education, and hope.

This event supports **Breaking Free**, a local awareness and prevention initiative focused on helping individuals and families recognize unhealthy relationship patterns, understand the warning signs of abuse, and connect with resources that promote safety, healing, and healthy relationships.

Proceeds from this event will support efforts such as awareness campaigns, educational programs, survivor-centered events, youth prevention activities, and community conversations designed to help break the cycle of domestic violence.

The event is also connected to the mission of **The Megan Montgomery Foundation**, which was created in memory of Megan Montgomery and works to prevent domestic violence through education, awareness, advocacy, and support.

By participating, you are helping raise awareness, support prevention efforts, and send a message that every person deserves safety, respect, and a life free from abuse.

Thank you for running, walking, volunteering, sponsoring, and standing with us as we work to help others break free.

If You Are Dealing with Relationship Problems

Everyone deserves to feel safe, respected, and valued in their relationships.

Relationship problems can sometimes be difficult to recognize, especially when unhealthy behaviors are explained away as jealousy, stress, love, or “just how things are.” The One Love Foundation teaches that learning the signs of healthy and unhealthy relationships can help people recognize harmful patterns before they escalate. One Love’s mission focuses on helping young people see the signs of healthy and unhealthy relationships and bringing prevention education into communities.

Unhealthy relationship behaviors may include control, isolation, manipulation, intimidation, extreme jealousy, pressure, threats, humiliation, monitoring, or making someone feel afraid. The Megan Montgomery Foundation describes domestic violence as a pattern of power and control that can include emotional, financial, physical, or sexual abuse.

If something does not feel right in your relationship, you do not have to figure it out alone. Consider talking with a trusted friend, family member, counselor, advocate, pastor, teacher, coach, or another safe person. If you feel unsafe, are being threatened, or are afraid of how someone may react, please seek help before confronting the person or trying to leave without support.

If you are in immediate danger, call 911.

You may also contact a local domestic violence program, campus counselor, victim advocate, or a trusted community resource for help with safety planning and support.

Healthy Relationship Reminder

Healthy relationships should include respect, honesty, trust, kindness, boundaries, communication, and the freedom to be yourself.

You should not have to feel afraid, controlled, isolated, pressured, or constantly worried about someone’s reaction.

If you are questioning whether a relationship is healthy, that concern matters. Reaching out for support is a strong and important step.

About Breaking Free

Breaking Free is a local domestic violence awareness and prevention initiative focused on education, early awareness, and community conversations about healthy relationships.

The goal of Breaking Free is to help individuals, students, families, and community members recognize unhealthy relationship patterns, understand warning signs, and connect with resources that promote safety, healing, and hope.

Through awareness activities, educational programs, prevention efforts, and community events, Breaking Free works to help break the cycle of relationship violence before it continues into more serious harm.

About The Megan Montgomery Foundation

The Megan Montgomery Foundation was created in memory of Megan Montgomery, who was murdered by her estranged husband on December 1, 2019. According to the Foundation, Megan had felt called to share her experience so she could help other women avoid the horror of domestic violence. Her family created the Foundation because prevention was work Megan wanted to do.

The Foundation's mission is to **prevent relationship violence before it starts**. It supports high schools, colleges, and nonprofits through grants that fund healthy relationship education and help young adults recognize unhealthy behaviors before relationship violence escalates.

For more information, visit www.megansfoundation.org.

Support the Breaking Free Program

The Breaking Free Color Run helps support local domestic violence awareness, prevention, and education efforts.

Your participation already makes a difference. If you would like to make an additional gift, donations to the Breaking Free program are appreciated and will help support outreach, educational materials, prevention activities, survivor-centered events, and community awareness efforts.

To make a donation:

<https://givebutter.com/breaking-free>

Or scan to donate.



Thank you for helping raise awareness, support prevention, and stand with individuals and families affected by relationship violence.