



**Media Release**  
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**March 3, 2021**

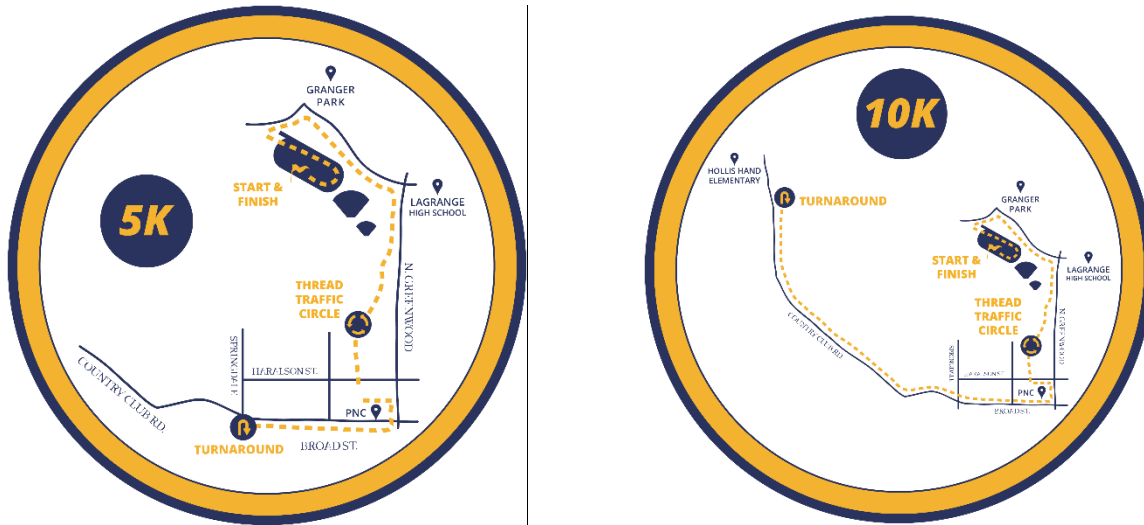
## **Friends of The Thread and Emory at LaGrange Announce Emory Thread Road Races and “I Train on The Thread” Community Initiative**

***LaGrange, Ga. March 3, 2021*** –The Friends of The Thread and Emory of LaGrange are excited to announce the Emory Thread Races scheduled entirely on The Thread **Saturday, February 26, 2022**. Emory of LaGrange is the main sponsor of the races.



Pictured from left to right: Rick Brock, Judy Freeman, Megan Hudson, Curtis Brown, Kelly Cook, Dr. Ken Hollander, The Thread Executive Director Natalie Hale, Bob Goehring, Charlie Metcalf, Kendra DeVane & Joe Ragland

The races include a free 1 mile Fun Run, 5K & 10K races. The 5K & 10K races are USATF Certified and an AJC Peachtree Road Race Qualifier races. These races will be run entirely on The Thread.



Emory Thread 5K & 10K Race Routes

“You may be wondering why we scheduled these races for the last weekend in February 2022,” said Friends of The Thread Board Chairman Charlie Metcalf. “We intentionally scheduled these races at this time because the cut off for the AJC Peachtree Road Race Qualifier races is early March and we want racers who want to apply to run in the Peachtree race the opportunity to have their best time to submit next March.”



Emory of LaGrange’s Dr. Ken Horlander with Friends of The Thread Board Chairman

Friends of The Thread board members also unveiled the “I Train on The Thread” community initiative leading up to next year’s Emory Thread Road Races. This initiative encourages the community to get active and start training now for the Emory Thread Road Races in 2022.

“One of the things we really hope to see is for the community to form support groups to train and register together as a group,” said Metcalf. “For the groups of 15 or more that sign up by March 14<sup>th</sup> will receive a custom “I Train on The Thread” t-shirts with their own logo on the shirt.

To register for the Emory Thread Road Races go to [www.thethreadtrail.org](http://www.thethreadtrail.org).

**More on The Thread: *The Thread is an environmentally sensitive, non-motorized, multipurpose trail designed to increase the health and wellness of the community through providing a safe environment in LaGrange, Georgia for fitness, recreation, transportation and special events. Currently, The Thread has a total 29 miles of trails planned.***

For more information go to [www.thethreadtrail.org](http://www.thethreadtrail.org).

**Media Contact:** Natalie Hale, Friends of The Thread Executive Director, [natalie@thethreadtrail.org](mailto:natalie@thethreadtrail.org)

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