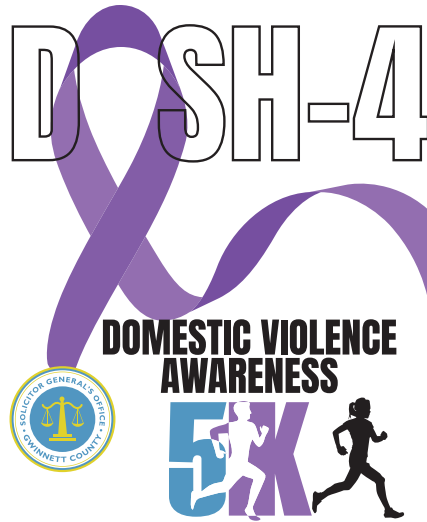




Saturday October 3, 2026 8:00 a.m. | Alexander Park

6:30 a.m. – Registration and Packet Pick up

7:15 a.m. – Welcome: Gwinnett County Solicitor General Lisamarie N. Bristol

7:20 a.m. – Mosaic Remarks: Lindsey Ferriar, CEO

7:25 a.m. – PADV Remarks: Ashley Harris, Vice President of Therapeutic Services

7:30 a.m. – Ahimsa House Remarks: Meg Schurmann, Associate Director

7:35 a.m. – Prerace warm up with Mia Green: Real Fitness Xperience LLC

8:00 a.m. – START with DeQuan Starling, Fit 2 Flex

8:10 a.m. – Community Fitness with DeQuan Starling, Fit 2 Flex: Boxing Aerobics

8:50 a.m. – Post race Cool Down: Line Dance Therapy with Toni

9:15 a.m. – Awards Ceremony (located at registration pavilion)

Hydration and snacks will be provided

