

WHO WE ARE

Freedom Steps is a community, heartfelt tribute to the men and women who are on the front lines everyday defending our country. Some may walk, some may run, but we all participate in every type of weather. The armed forces don't stop protecting our freedoms just because it is raining or chilly outside. For everyone involved, this event is a show of dedication that regardless of politics, we all support our men and women in uniform and are so very grateful for what they do for us.



The money raised from Freedom Steps throughout the year is used to purchase supplies and ship them to troops around the world. Thanks to the support of local businesses, the community, and Upper Moreland Parks and Recreation we have been able to host the 5k each year at Masons Mill Park. The income from our sponsors is more than enough to cover our expenses from race day with the remainder going to the troops.



*Bringing a smile to the
faces of our brave men
and women of our
Armed Forces.*



Freedom Steps 5k

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Supporting the men
and women of our
Armed Forces
through community
awareness and care
packages.

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Raising Awareness for Our Troops

Freedom Steps focuses on the men and women who put their lives on the line each and every day for our freedom. But the support does not end once they come home. Freedom Steps tries to reach out to our veterans as well to remind them of the community support that exists. Through our different fundraisers and outreach events, Freedom Steps tries to engage both active duty troops and veterans in our events. We also reach out to local organizations and businesses to gain their support for our outreach and show a greater sense of community support for these brave men and women.

Remember that “Freedom is not free” and the support we need to give does not end when they return home from deployments.



5K RUN/WALK

This is Freedom Steps’ main event every year and is held at Mason’s Mill Park in Huntingdon Valley, PA the first Sunday of May. Over the past decade our organization has continued to grow and we are proud of all the troops we have supported and will continue to support. Our first race only had 45 participants, and we have increased to almost 300. Beginning with the National Anthem, Pledge of Allegiance, and a guest speaker, the 5k run/walk unites both avid runners and leisurely walkers in support of our troops.

OTHER FUNDRAISERS & OUTREACH

Fundraisers: We team up with local restaurants for “Freedom Steps” days/nights in which a portion of their proceeds are donated to the organization.

Outreach: We help host or participate in:

- Supply Drives at Local Businesses/Churches
 - Veterans’ Events
 - Community Events



CARE PACKAGES

Since we first began this journey, we have shipped over 750 boxes to our deployed troops. Boxes have been sent all over the world including but not limited to: Iraq, Afghanistan, Korea, Japan, Germany, Qatar, Ethiopia and Turkey. We have also sent boxes to those aboard US naval vessels and to US Coast Guard cutters. These boxes have been referred to “Mary Poppins boxes” because they are so packed full of goodies. Each box weighs between 15 and 60 pounds making shipping a costly venture but worth the smiles and thank yous we receive.



If you know someone who is deployed and you would like them to receive a package, please email us at freedomsteps5k@gmail.com. Please include name, address, and length of deployment.