

Schedule of Events

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| 8:00 am - 9:30 am | Registration/Packet Pick-Up Fruit & Snacks Available |
| 9:30 am - 9:40 am | Welcome |
| 9:40 am - 9:50 am | Group Warm-Up |
| 10:00 am | 8K Begins 1/2 Mile Fun Run Begins 5K Begins |
| 11:30 am | Awards Ceremony |
| 12:00 pm | Lunch |

Early Packet Pick-Up

Pre-Registration participants can pick up race packets on 3/19 from 3-6 pm or by arrangements from PCFLV at runtolive@pcfvlv.org or calling 610-393-9215.

Parking and Race Start

Registration:

Pavillion at Coplay Park, Front and Keefer St. Look for signs and volunteers. They will direct you to available parking.

- If at all possible, please carpool with friends and family
- No dogs permitted on the course
- Participants in strollers are not permitted in 8K.
- All participants with strollers must begin 5K walk at the back of the line.

For a trail map:

www.irontrail.org/IRTmap.htm



More Information

- Money from race will sponsor two Lehigh Valley families to attend Camp Sunshine.
- If your Team Captain has registered your team, please write the team name at the top of the registration card.
- Live bands at each mile mark
- Wheelchair and children friendly



Race Day Registration

Please plan to arrive by 9:00 a.m. if you are not preregistered. Forms filled out in advance are appreciated, however, blank forms will be available. (Only cash & checks will be accepted day of event)

The registration table will be located under the pavilion at the Coplay Park, Coplay PA.; report to appropriate line. Race day entrants are not guaranteed a shirt or goodie bag.

Team Registration

For information on how to become a team captain, please contact the race director. All teams must be registered by March 5, 2010

Race Director - Sharon Geroulo

Email: sgeroulo@pcfvlv.org Phone: 610-704-5655

Awards and Results

Race Awards:

Top 3 Male & 3 Female finishers in 8K Run
1st \$75, 2nd \$50, 3rd \$25

(not to be included in the age group awards below)

Age Group Awards:

Top 2 males & 2 females
18-29, 30-39, 40-49, 50-59, 60+

Fundraising prizes will be given out to the top individual fundraiser with Team Awards to follow. Raffles will be held after the race awards. Participants must be present to win.

Awards will be given to the Largest Team, Most Spirited Team and Top Fundraiser.



Pediatric Cancer
Foundation of the
Lehigh Valley, Inc.

www.PCFLV.org

