



Women's 5K Classic  
5K Run | 5K Walk | PINK 16.2

## ATHLETE EVENT GUIDE

### Women's 5K Classic 5K Run/Walk & PINK 16.2

Friday, October 16, 2015 - Expo  
Saturday, October 17, 2015 – 5K Events  
Sunday, October 18, 2015- PINK 16.2

## Athlete Guide

[www.womens5kclassic.org](http://www.womens5kclassic.org)



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## **ATHLETE EVENT GUIDE**

### **About the Women's 5K Classic**

Dear Participant,

On behalf of the Women's 5K Classic, Inc. we welcome you to our 23<sup>rd</sup> Annual event to be held Friday, October 16 to Sunday, October 18. The **Josh Early Expo**, held at St. Luke's West in Allentown PA on Friday evening kicks off the weekend and on Sunday, October 18, over 200 women will be participating in the 2<sup>nd</sup> Annual Pink 16.2 event! Our PINK 16.2 will finish by running the Runner's World 1/2 marathon on October 18.

We are an all-volunteer, grassroots organization that founded the Women's 5K Classic back in 1993. Our mission is two-fold:

- **To promote fitness among women**
- **To support women with breast and female cancers and their families and to contribute funding for related programs and research in the Lehigh Valley**

Over the past 23 years we have successfully funded numerous and worthy programs and organizations in the greater Lehigh Valley. We have cumulatively donated over 2.3 million dollars! To see a comprehensive list of where our funds have been allocated and what programs have been funded as well as to see our funds distribution please click <http://womens5kclassic.org/grants/>

The 2014 Women's 5K Classic donated over \$250,000 to worthy programs in the greater Lehigh Valley. Over 6,500 female relatives, friends, co-workers and neighbors benefitted from these grants. The grants are in the areas of prevention, education and support of women dealing with breast and other female cancers. Another goal of the Women's 5K Classic is to encourage females of all ages to develop a healthy life style and to build self esteem.

We thank you for participating in this year's 23<sup>rd</sup> Annual Women's 5K Classic and PINK 16.2 events. You have made a significant impact upon the lives of women who have been given a cancer diagnosis in the Lehigh Valley.

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# 2015 Women's 5K

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### Keynote Speaker

For the past decade or so, the Women's 5K Classic has opened the event festivities with a program. The idea behind the program is to highlight how important our mission is and how we continue to breath life into the programs we fund.

We have, year after year, sought an inspiring and motivational person who has gone through the journey of cancer to share her story with our participants. We find that the connection is invaluable and the event is put into perspective.

This year we are delighted to have **Mrs. Lynda Evans** share her highlights with us. Below is a biography on her story and her journey.

*Lynda's strongest supporter & best friend is her wonderful husband Kirk Evans - 16 years of marriage & 8 years of dating for a total of 24 years together. She is also a mother of 2 amazing boys, Ryan age 13 and Zachary age 12. She was born & raised in Northern New Jersey & moved to the Lehigh Valley in 1985. She is a Cedar Crest College alumni "Class of 1989" and has been working at Dun & Bradstreet Corp. for the past 25 years helping businesses receive credit information around the world as a Senior Business Consultant in Center Valley, PA.*

*In 2005, at the age 38, she was diagnosed with Stage 3A breast cancer. She underwent a full mastectomy with lymph nodes, DIEAP free flap reconstruction, dose-dense chemotherapy, and radiation everyday for seven weeks during the months of her treatment. She is blessed to proudly say that she is a healthy 10 year Survivor living every day to the fullest and grateful for all the family and friends support received over the years.*

*Her family is very active with Parkland Area Soccer Club, Team X Football, Orefield Middle School plays, and especially enjoys going to the New Jersey Shore and Disney World often!! She herself enjoys wearing all different shades of pink & loves to inspire others to also wear pink & walking to keep her body and mind healthy.*



John R Hofmann Sr.

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### Event Schedule

**Friday, October 16, 2015**

	Start Time	Location
Josh Early Event Expo	3 to 7 p.m.	St. Luke's Westend, Allentown, PA <a href="#">DIRECTIONS</a>

**Saturday, October 17, 2015**

	Start Time	Location
Women's 5K Classic Run and Walk	9 a.m. – event and parade 9:45 a.m. – staging for races	Little Lehigh Parkway, Allentown, PA <a href="#">DIRECTIONS</a>

**Sunday, October 18, 2015**

	Start Time	Location
PINK 16.2 Runner's World half marathon	8 a.m	Art's Quest, Founders Square, Bethlehem PA <a href="#">DIRECTIONS</a>

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### Packet Pick up Information | Expo | Race Day

#### Packet Pick up

Friday, October 16, 2015 – at the Josh Early Women's 5K Classic Health Expo between 3 and 7 pm – Directions [here](#)

Saturday, October 17, 2015 – at the Women's 5K Classic event site (Lehigh Parkway, Allentown) 7:30 am – 9 am

#### Josh Early Women's 5K Health Expo

- **Same Great Location as last year**
- **Location: St. Luke's West End Medical Center**  
(501 Cetronia Rd. Former PA Expo Center, across from AMC Movie Theatre).
- Lots of parking
- **Date:** Friday, October 16th
- **Time:** 3:00 pm -7:00 pm
- **Packet Pick-up:** Bibs are assigned by alphabetical order (last name) so pick up will be a breeze. You may pick up another person's packet.

There is still room to register for Saturday's event at the **expo only**.

Cash and checks for registration preferred. Credit Cards will be accepted with an additional processing fee

- **Health Expo:**

- - Pop-up market of Asian Pears by Subarashii Kudomono
  - Health Screenings (Blood Pressure, Body Fat Comp, Osteoporosis Screening
  - Massage Therapy and much more)
  - Cancer Support Groups
  - Area Hospitals and Doctors offices
  - Shopping:
    - W5K Store, Aardvark, Emmaus Run Inn, and much more
    - Skin Care
    - Food (St. Luke's Catering, YoFresh, popcorn, drinks and much more!)
    - Kids Corner by Crayola
    - Lots of Free giveaways!

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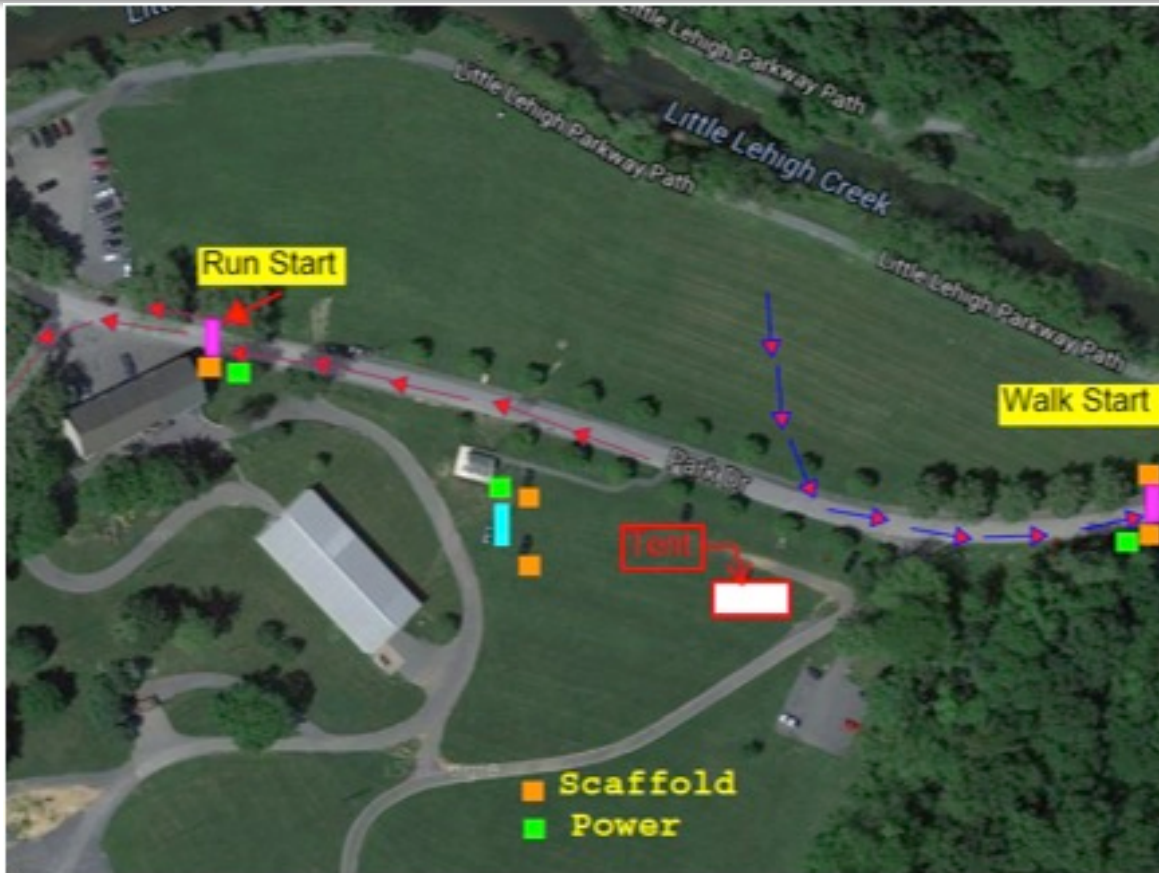




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## ATHLETE EVENT GUIDE

### Start and staging of the Women's 5K Run & walk



### Starting Line Procedure for 2015

- At 9:45 you will be directed to cross Park Drive.  
**PLEASE DO NOT LINE UP BEFORE DIRECTED TO DO SO!!!**
- Walkers will line up on the right and will head toward Jefferson Street
- Runners will line up on the left and head toward the Fish Hatchery
- In order to make the events flow smoothly, volunteers will be holding pace signs for the runners and projected finish times for the walkers  
Check your finish time from last year to make sure you line up at the correct location <https://results.chronotrack.com/event/results/event/event-14357>

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### Timing/Athlete Tracking/Scoring

#### Timing

- The Women's 5K Classic uses Lin-mark Computer Sports for their timing and finishline. Check out their website [here](#)
- Results will be made available on Saturday, October 17 via our [website](#) and lin-mark's [website](#)

#### Important Information from Linmark Sports

- *Race Tracking of your runners/walkers* - to sign up to track runners/walkers go to:(Starting Wed Oct 14th at 6 pm)  
<https://register.chronotrack.com/event/tracking/eventID/14357>

*Results* will be posted all morning long at:

<https://results.chronotrack.com/event/results/event/event-14357>

- Results will be texted to all finishers that entered a mobile phone # during the entry process.

*Bib Number Look Up* - to look up your bib# and confirm your race data go to:

- ["" https://admin.chronotrack.com/user/account/confirm-reg?la=236537978cf1c38f50b16fe5cf779cd41350536f ""](https://admin.chronotrack.com/user/account/confirm-reg?la=236537978cf1c38f50b16fe5cf779cd41350536f)

- *Timing.* Linmark Sports of Mantua NJ will be timing our event using the Chronotrack Timing system. All entrants will be issued a disposable paper bib# with a strip-matched to your bib# (called a B tag) on the back of it. You must wear your bib# in order to be timed and scored. Do not fold or bend the bib#-wear it on your front torso clearly visible at all times - do not hide it.
- *Scoring.* All overall awards will be determined by Gun Time. Persons who feel that they can place in the top 10 finishers of the walk or run should position themselves as close to the front of the start line as possible. All other awards - age groups - survivors - teams - will be based on tag time (time from when you crossed the start line till you finished).



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### Results/Volunteers

#### Results

- Top 10 results for the Women's 5K Run and 5K Walk Competitive and Survivors will be established via **GUN TIME**
- Age group awards will be via **TAG TIME**
- Awards will be given in the following age group categories to the top 3 runners/walkers:  
14 and under | 15-19 | 20-24 | 25-29 | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59  
60-64 | 65-69 | 70-74 | 75-79 | 80+

**Sandy Christman** award to the Top 5K Cancer Survivor Runner

**Susan Vogel** award to the Top 5K Cancer Survivor Walker

- Gift certificates to the Top 10 overall and first place finisher in each 5 year age division are provided by **Aardvark Sports Shop, The Emmaus Run Inn** and **European Body Concepts Naturelle**
- All award winners receive a handcrafted pendant created by **Carole Rinkunas**
- No awards will be duplicated

#### Volunteers

- There are over 300 volunteers for the Women's 5K Classic and we thank them ALL!
- If you are volunteering, you should have received an email from Sue Connolly about checking your job. You can also check here at <http://www.signupgenius.com/go/5080f4caba72aaa8-womens2>
- Volunteers will be wearing a Women's 5K Classic volunteer shirt in red so they will be easily identified
- If you have further questions about volunteering (your position or in general) please email: [gillrunner@yahoo.com](mailto:gillrunner@yahoo.com)



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### PINK 16.2

The Women's 5K Classic is pleased to be collaborating again this year with Runner's World to present the 2<sup>nd</sup> Annual Pink 16.2 mile event.

The spots have been limited to 250 participants who will complete a 5K on Saturday, October 17<sup>th</sup> and the Runner's World ½ marathon on Sunday, October 18<sup>th</sup>. Hence, 16.2 miles covered in about a 24 hour time period!

Please read the following information carefully if you are participating in the PINK 16.2 this year

#### Packet Pick Up

- Your race bib will be available for pick up **AT THE WOMEN'S 5K CLASSIC Expo** or on Saturday at the Women's 5K Event. Do not plan on picking up your race packet at the Runner's World expo. You will have just ONE bib that you will wear to BOTH events.
- You are welcome to attend the Runner's World expo event but please know that your runner information will be through the Women's 5K Classic
- Your RW information, shirt, goodie bag will be at our expo event and at the race site
- You will receive a special PINK 16.2 shirt as well (in addition to the Women's 5K Classic long-sleeved technical shirt)

#### Saturday, October 17

- You will participate in the Women's 5K Classic event in the Lehigh Parkway, Allentown. You are to wear the Special Pink 16.2 bib (this bib will be worn for both races! B-tag timing strips will be on the back of this bib.)

#### Sunday, October 18

- You will wear your bib for the ½ marathon held in Bethlehem, PA. The start of the race will be in front of the Sand's Casino. Please click [here](#) for information the Runner's World event.
- Awards will be given to the top 3 finishers in the 16.2 by compiling the 5K times and the ½ marathon finish times.
- Plan on joining the **Pink 16.2** festivities at Founder's Way at the Arts Quest area on Sunday morning. A PINK tent will be available for a VIP bag check, a meet-and-greet with Olympian, Deena Kastor at 7:15 a.m., A **Pink 16.2 Photo** at 7:30 a.m. and a Pink Sparkling toast!!

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### Runner Services

#### Medical and Safety

- The Allentown Ambulance will be stationed close to the finish line. In addition, a medical ATV and bicycle medics will be patrolling the courses throughout the morning. If you or someone else should need medical attention on the course, look for a communications volunteer in an orange vest, who can report injuries directly to the EMS. In the event of a life-threatening emergency, call 911

#### Hydration and Food

- Water will be available on the Women's 5K Classic walk and run courses at approximately 1.5 miles. Bottled water, courtesy of **Ice River Springs** will also be available at the finish line
- Food will be available to participants only at the finishline. Bagels, Asian pears from **Subarashii Kudomono**, Fig Bars from **Nature's Bakery**, snacks from **Herr's** and other assorted foods as well as hot soup courtesy of **Red Robin**

#### Port – a – Janes

- Porta-potties will be available prior to and after the race courtesy of Potty Queen. We have ample units and they will be available around the staging area, the parking area, and by the parking lot near the LVRR clubhouse

#### Photography

- US Candid's is one of the official photographers of the Women's 5K Classic. They will be on course taking pictures as well as pre-race and post-race photos. A link will be shared a few days after the race where you can view your photos. They can be found by clicking [here](#)
- Selfies and fun shots – we will have our Women's 5K Banner set up for you to take your pre and post race "selfies"

#### Team Photos

- If you wish to have a team photo taken, please arrange your group and meet by the Pink Balloon Arch between 7:30 am and 9 am.



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### Important Entering/Exiting and Parking

#### **Important Entering/Exiting and Parking Information**

- All traffic must enter the Parkway via Vultee Street off of Lehigh Street.
- The entrance road becomes ONE-WAY (cars stay in lefthand lane, pedestrians walk in righthand lane)
- If you are being dropped off or parking in the Special Parking Area PLEASE STAY IN THE LEFTHAND LANE AND DO NOT TURN INTO THE PARKWAY!
- If you are being dropped off, look for the signs indicating the Drop-Off Area. DO NOT ALLOW YOUR DRIVER TO ENTER THE PARKWAY! All cars entering the Parkway WILL NOT be able to leave until after the start of the Event.
- As a driver, please be mindful of the pedestrians walking to the Event. As a pedestrian, please try to stay off the roads and in the marked pedestrian lanes.
- Please be patient and follow the directions of the volunteers as you exit. Signs will indicate where you will be exiting and how to access major roads from there.
- If you are exiting via the Recycling Center, PLEASE DRIVE SLOWLY as residents will be dropping off their yard waste at the same time in the opposite direction.
- If you would like a GUARANTEED PARKING SPOT and a QUICK EXIT after the Event, see Missi Fuggazotto at the Expo and a sign will be given to you to put in your window. This allows you to park in the Special Parking Area. This area is located at the top of the Parkway on Lehigh Parkway South (before you reach Mack Truck) and only holds 90 vehicles.
- As you enter the Parkway, please let a parking volunteer know if you are handicapped or have a walking disability.

#### **IMPORTANT INFORMATION ABOUT EXITING THE PARKWAY**

- All traffic MUST exit the Parkway via Vultee Street since the Jefferson/15<sup>th</sup> Street exit is CLOSED to all vehicle traffic
- Traffic will exit the Parkway via the serpentine hill in the parkway and out the Recycling Center (with access to 24<sup>th</sup> Street) – make a RIGHT at the top of the Parkway – PLEASE DRIVE SLOWLY AS YOU EXIT
- Traffic may exit the Parkway via the serpentine hill and make a LEFT onto Vultee Street (exit the way of entry into the event)

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### Frequently Asked Questions (FAQs)

**Q: Are strollers and/or pets allowed in the events?**

**A:** Due to our insurance and the terrain of the courses we cannot allow strollers and/or pets in the event

**Q: Is the event held Rain or Shine?**

**A:** Yes.

**Q: Can someone else pick up my race packet?**

**A:** Yes. At the event expo.

**Q: Can I give my bib to someone else if I cannot do the event?**

**A:** Unfortunately numbers are nontransferable and entry fees are non refundable and non transferable. For safety reasons, you may NOT give your number to someone else.

**Q: Can someone still sign up for the event?**

**A:** Yes! Sign up at our event expo Friday, October 16 between 3 and 7 pm

**Q: What I am unable to be present for awards?**

**A:** A friend can pick up your award or your award will be available for pick up. Information will be emailed to all participants following the event about award pick up.

**Q: Where does funding for the Women's 5K go?**

**A:** We are a non-profit, all volunteer organization supporting programs which educate, support and help prevent female cancers. We welcome grant proposals from any Greater Lehigh Valley nonprofit agency whose mission also supports this philosophy. Please [click here](#) for information about fund distributions.

**Q: What is the terrain of the course?**

**A:** The 5K run course is 75% gravel trail and 25% macadam. The 5K walk course is approximately 70% macadam & 30% gravel trail.

**Q: I am unable to do the event this year. Can I get a refund?**

**A:** The Women's 5K Classic is a charity event; therefore all entry fees are nonrefundable.

For additional FAQs please click [here](#)

# 2015 Women's 5K

**Presenting Sponsor:**



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 Good shepherd Rehabilitation Network  
 Herr Foods, Inc.  
 Kona - Ice of Allentown  
 Nature's Bakery  
 Panera Bread  
 Play4Kay14  
 Seasons of Life OBGYN, PC  
 The Radiologists of LVHN  
 Wells Fargo Community Grant  
 YoFresh Yogurt Cafe

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 Parkland Girls Soccer Team  
 Road ID  
 Valley Central Veterinary Referral & Emergency Center  
 The Lodge at Woodloch

### ADDITIONAL Sponsors

Wells Fargo Community Support Campaign

### MEDIA Sponsors

100.7 WLEV 80's, 90's and Today's Best Music  
 Lehigh Valley Style Magazine  
 Lehigh Valley Woman  
 Natural Awakenings Magazine- Lehigh Valley



*2015 Tshirt design by freelance graphic designer, Desiree Reppert*

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