

WOMEN'S 5K CLASSIC ATHLETE GUIDE



29TH ANNUAL RACE WEEKEND

FRIDAY, OCT 1 & SATURDAY OCT 2

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Race Weekend Agenda

Friday, October 1

- **Event Expo at Steel Fitness Premier**
- **250 Cetronia Road, Allentown PA**
- **2 p.m. to 6 p.m.**
- **[Link](#) for directions and more information**

Saturday, October 2

- **Women's 5K Classic run/walk/loop**
- **Venue opens at 8 AM**
- **Announcements begin at 9 AM**
- **Survivor Parade & Speaker 9:30 AM**
- **Run/Walk start at 10 AM**
- **Awards start at 11 AM (do not need to be present to win)**



Women's 5K Classic Speaker

Kelly Gontkosky

Kelly Gontkosky grew up in Schnecksville, PA and attended Parkland High School. She graduated from Florida State University with a B.S. in Marketing. She has enjoyed a 20+ year career in outside sales in various industries. After a decade in the corporate world, Kelly recently resigned in order to fully pursue her passions. She currently volunteers at a no kill animal shelter, and is in the process of launching her own small business. Kelly was diagnosed with stage 3 breast cancer at the age of 38. Following chemo, multiple surgeries, and radiation, she is now 9 years cancer free! She is looking forward to being more actively involved in giving back to the community. Kelly enjoys frequently travelling to her daughters' athletic events across the country. She resides in Allentown with her husband Rob, daughters Katelyn & Keira, and rescue dog, Lexie.



Did you know?

The Women's 5K Classic has allocated over 3.5 million dollars to programs exclusively in the greater Lehigh Valley for breast and other gynecologic cancers. Here is our list of [programs funded](#)

Race Logistics & Information

IMPORTANT ENTERING/EXITING AND PARKING INFORMATION

All traffic must enter the Parkway via Vultee Street. If you enter the intersection of Lehigh Street and Vultee Street, Allentown PA 18103 into Google Maps it will take you to the light on Lehigh Street with CVS on the corner.

Go West on Vultee Street until it hits Grammes Road. Grammes Road will end at Lehigh Parkway South. Go left on Lehigh Parkway South.

You will be directed to enter the Parkway. **ONCE YOU ENTER THE PARKWAY YOU CANNOT LEAVE THE PARKWAY UNTIL THE RACE IS OVER.** There will be a drop off and turnaround area on Lehigh Parkway South. Follow directions from volunteers and signs.

As a driver, once in the parkway, please be mindful of pedestrians walking to the Event. As a pedestrian, please try to stay off the roads.

As you enter the Parkway, please let a parking volunteer know if you are handicapped or have a walking disability (very limited spaces will be available), you will be directed to the parking lot near the stage but NOTE, you won't be able to leave from this area until approximately 11:00 a.m.

IMPORTANT INFORMATION ABOUT EXITING THE PARKWAY

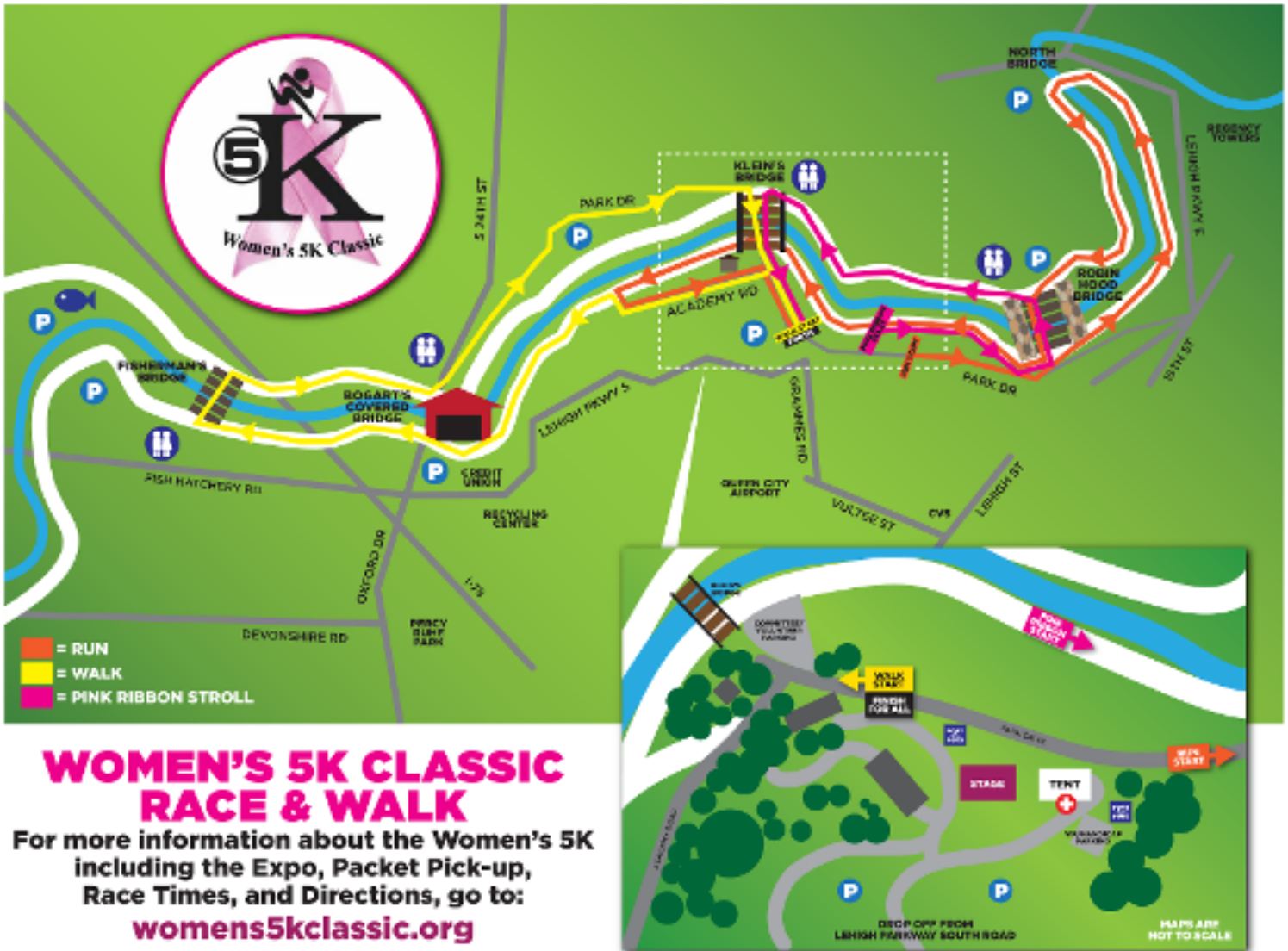
Please be patient and follow the directions of the volunteers as you exit. Signs will indicate where you will be exiting and how to access major roads from there.

Traffic will exit in two directions. Traffic will exit the Parkway via the serpentine hill in the parkway and MUST turn left onto Lehigh Parkway South and will exit the same way they entered. **THERE WILL BE NO EXITING THROUGH THE RECYCLING CENTER THIS YEAR.**

At 11:00 a.m. traffic can also exit via Park Drive and out the 15th Street Entrance to the Parkway. All traffic must turn right and can access 78 via Lehigh Street.



Course Map(s)

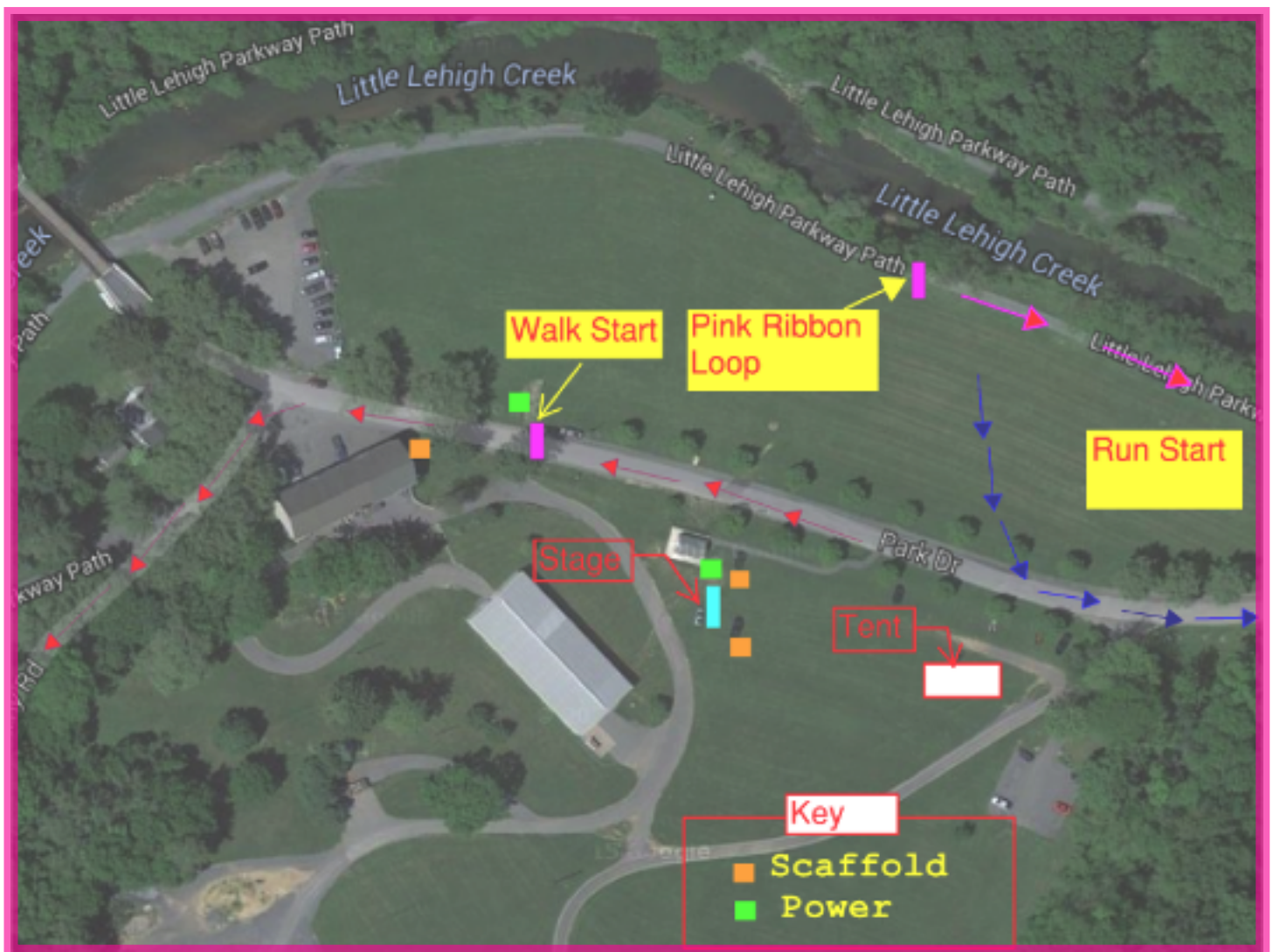


We are committed to safety...

Please [link](#) to read our comprehensive safety plan for the 2021 Women's 5K Classic Race

Starting Line Procedure

- At 9:52 you will be directed to cross Park Drive. **PLEASE DO NOT LINE UP BEFORE DIRECTED TO DO SO!!!**
- Runners will line up on the right and will head toward Jefferson Street
- Walkers will line up on the left and head toward the Fish Hatchery
- Pink Ribbon Loopers will line up on the path by the stream and head toward Jefferson Street
- In order to make the events flow smoothly, volunteers will be holding pace signs for the runners and projected finish times for the walkers



Race Bibs & Results

All Live entrants will have a bib number available at the expo to be picked up and worn on race day.

All virtual entrants if desired can download/print their bib# to be worn during their virtual run/walk at.

<https://runsignup.com/Race/FindARunner/?raceId=82420>

Live participants can look up their bib# at the same URL above.

Live Events Results

<https://runsignup.com/Race/Results/82420#resultSetId-248854;perpage:100>

Virtual persons can begin posting their times and pics starting Friday Sept 30 at 6 AM at:

<https://runsignup.com/Race/Results/82420#resultSetId-248854;perpage:100>



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