

Schedule of Events

7:00 am - 8:00 am	Registration/Packet Pick-Up Fruit & Snacks Available
8:00 am - 8:15 am	Welcome
8:30 am	8K Begins
9:15 am	1/2 Mile KIDS Fun Run Begins
9:40 am	5K Walk Begins
11:00 am	Awards Ceremony/Raffles
11:30 am	Post-Race Refreshments



Pediatric Cancer
Foundation of the
Lehigh Valley, Inc.

"Enabling Children with Cancer to LIVE"

www.pcflv.org

**NEW THIS YEAR: CHIP TIMING, PLEASE
PROVIDE US WITH YOUR PACE TIME!**

Early Packet Pick-Up

Pre-Registration participants can pick up race packets on 3/22 from (3-6 pm) and 3/23 (11 am - 7 pm) at Coplay Park pavillion, Front & Keefer Sts., Coplay, PA.

Race Day Registration

Race sold out last year so be sure to register early. Registration will be held at the Pavillion at Coplay Park, Front and Keefer St. Please plan to arrive by 7:00 am 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 pavillion at the Coplay Park, Coplay, PA.; report to appropriate line. *Race day entrants are not guaranteed a shirt or goodie bag.*

Online Registration

ONLINE REGISTRATION CLOSES 3/20/12

Online registration, as well as fundraising options, are available at: <http://www.firstgiving.com/pcflv>

**You can also register by mail or fax by completing the attached registration form.

NO SHIRTS FOR FUN RUN

Team Registration

For information on how to become a team captain, please contact the race director. All teams must be registered by March 3, 2012. If your Team Captain has registered your team, please write the team name at the top of the registration form.

Race Director - Sharon Geroulo

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

Fax: 610-433-1926

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)

*under 18 not eligible

Age Group Awards:

Top 2 males & 2 females

Under 18, 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.

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

Parking and Race Start

Parking is limited. If at all possible, please car-pool with friends and family. Look for signs and volunteers. They will direct you to available parking. Alternative parking lots will be announced at a later time and posted on website closer to race day. No dogs are permitted on the course. Participants with 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

- Wheelchair and children friendly.
- No strollers in 8k.
- Bibs provided only to runners.
- Raffle tickets will be sold for wonderful prizes and drawn **during** the race with winners posted immediately after.
- New this year: chip timing, please provide us with your pace time.



About PCFLV

The Pediatric Cancer Foundation of the Lehigh Valley is a local non-profit organization dedicated to helping improve the lives of children diagnosed with cancer and their families through ongoing quality of life and long-term survivorship programs, support and events. We provide free programs, services and support to local Lehigh Valley families regardless of where their child receives treatment. On average, PCFLV serves more than 100 families annually and is committed to serving local families from date of diagnosis forward through a continuum of care model.

Why Support PCFLV and our Walk/Run?

PCFLV hosts three main fundraisers each year: our 8K Run/5K Walk in March, a May golf outing and an art gala for childhood cancer awareness in September. All fundraisers help PCFLV continue to provide free programs and services to local families. This 8K Run/5K Walk is focused on raising money to send local families to a one-week respite camp in Maine to help support and recharge the entire family during and throughout their diagnosis and treatment. Our first year, 2010, we sent 6 families to Camp Sunshine. Our second year, 2011, we were thrilled to send 12 families to Camp Sunshine. We are so excited and thrilled to continue to support our local families both with quality programs locally and the ability to send them to an amazing facility like Camp Sunshine annually. How many families can we send this year? Help us reach our goal of \$30,000 to send 15 families for 2012!!!!