

# 11th Annual Coopersburg 5K Run for Pulmonary Fibrosis

Saturday, May 27, 2017 (Memorial Day Weekend)

Line-up Time: 8:00 am; Official Start time: 8:10 am



## General Information

### Volunteer Opportunities Available!

The Coopersburg 5K is always looking for volunteers to help us organize the event. Volunteers may run, as well. If you are interested in volunteering, we will contact you upon receipt of your registration. Thank you in advance! Please see [Coopersburg5k.org](http://Coopersburg5k.org) for a Volunteer Registration form or use contact information below.

**Arrival Time:** We recommend that you plan to arrive in Coopersburg early enough to allow adequate time to park should some designated parking areas be full.

**IMPORTANT:** Coopersburg streets will be blocked with barriers to all traffic beginning at 7:45 am.

**Line-up is at 8:00 a.m.** The official start time is 8:10 a.m. on Main Street in Coopersburg. See RACE MAP. All ages and abilities are welcome. It's your choice to run, jog or walk (please no bicycles, roller blades or scooters) for 3.1 miles.

**Location:** The event starts and finishes on Main Street in Coopersburg, PA (see race map). The 5K route is on a scenic loop course through the historical district of Coopersburg Borough. You will pass by The Cooper Mansion, "The Big Red Barn", as well as Coopersburg's beautiful residential areas. Slight hills are characteristic. The final stretch is down Locust Street onto Main Street. There is plenty of room along the route for family and friends to cheer participants. Bring your megaphones and poms poms to cheer on the runners.

**Fee:** Cost is \$30 per person; families who register more than 3 participants will receive a \$10 discount for each family member registered thereafter. All school running clubs will receive \$10 discount per runner. You will need verification of membership (e.g. school/coach roster). Registration form must be postmarked by Friday, May 19, 2017. **After Friday,**

**MAY 19, the fee is \$38.** Race day registration will be accepted until 7:15 a.m. **Sorry, no guarantee of packet materials or Tee shirt for those registering on race day.** MAKE CHECK PAYABLE TO: 2017 Wescoe Foundation for Pulmonary Fibrosis or WFPF. Online registration is available at: [www.coopersburg5k.org](http://www.coopersburg5k.org); [www.active.com](http://www.active.com) (Closes on Wednesday, 5.25.16).

**Refreshments:** Carbohydrates and goodies galore will be available at the finish by Stephens Funeral Home. There will be 2 water stations along the route.

**Split Time:** Will be respectively yelled at 1 mile in the 5K race.

**Aid Stations:** Water stations along race route. See race map.

**First-Aid Staff** will be available on site.

**Parking:** No parking will be allowed along the race route. Please park on the side streets adjacent to the race route or in designated parking areas-see race route map.

**Awards and Results:** Official results will be available on [Coopersburg.org](http://Coopersburg.org) website the day after the event. **Awards Ceremony** will follow the finish at approximately 9:15 a.m. on the front steps of the Health and Wellness Expo at Coopersburg Village Center. Special 1st Place Awards will be given to the overall male and female winners of the 5K, in addition to \$100 purse for winner for male, female and masters level (40 & above). No double winners. Medallions will be presented to 1st, 2nd and 3rd place finishers in each age division. Lastly, we will be giving medallions to all youth runners from 15 years of age and under.

## AGE DIVISIONS:

| Men                               | Women                             |
|-----------------------------------|-----------------------------------|
| 11 & under                        | 11 & under                        |
| 12-15                             | 12-15                             |
| 16-19                             | 16-19                             |
| 20-24                             | 20-24                             |
| 25-29                             | 25-29                             |
| 30-34                             | 30-34                             |
| 35-39                             | 35-39                             |
| 40-44 (Masters Level: 40 & above) | 40-44 (Masters Level: 40 & above) |
| 45-49                             | 45-49                             |
| 50-54                             | 50-54                             |
| 55-59                             | 55-59                             |
| 60-64                             | 60-64                             |
| 65-69                             | 65-69                             |
| 70+                               | 70+                               |

Timing will be provided by Pretzel Sports Timing. The Coopersburg 5K will be using the detachable slips from your race number for race times. Be sure to remove your detachable slip and give to volunteers after you cross the finish line.

**Sure to be a favorite Tee Shirt:** Long sleeve with this year's specially designed emblem will be guaranteed to those who have registered prior to Friday, May 19, 2017.

**Early Packet pick-up is highly recommended!** The packets, including your shirt, race bib number, pins, race map and Goodie Bag may be picked up between 6:30 p.m.-8:30 p.m. on Friday, May 26, 2017, at Coopersburg Borough Hall, corner of Main & State Streets.

**On race morning:** Packet pick up will be at Coopersburg Borough Hall at 6:30 a.m.-7:45 a.m. **TO AVOID CONGESTION, PLEASE PICK UP YOUR PACKET ON FRIDAY, MAY 26, 2017.**

### Additional events:

**Kids' Fun Run:** A 600 meter dash from the 5K start to finish at Coopersburg Village Shopping Center. You can get information packet and registration form at [www.coopersburg5k.org](http://www.coopersburg5k.org). **Online registration is available at: [www.coopersburg5k.org](http://www.coopersburg5k.org); [www.active.com](http://www.active.com) (Closes on Wednesday, 5.24.17).**

**Health and Fitness Expo (7.45-11:00 am)** held before and after the 5K Run at the Coopersburg Village Center parking lot with local businesses and hospitals promoting health and wellness in our community. Check out [www.Coopersburg5k.org](http://www.Coopersburg5k.org) to get more information.

**Cheering Sections:** There will 3 cheering sections:

ZONE 1: Main Street to State St.

ZONE 2: State Street to Linden St.

ZONE 3: Linden St. to Main St. (Finish Line)

For further information contact Jennifer H. Wescoe at 484.553.6340; (hours: 9 am-3 pm, Mon.-Fri.), e-mail: [jennifer@coopersburg5k.org](mailto:jennifer@coopersburg5k.org). Online registration is available at: [coopersburg5k.org](http://coopersburg5k.org) and [active.com](http://active.com) ([active.com](http://active.com) will close on Wednesday, May 24, 2017)

Proceeds will benefit Wescoe Foundation for Pulmonary Fibrosis.

Wescoe Foundation for Pulmonary Fibrosis (WFPF) is a 501(c)3 non-profit organization that provides support, advocacy and resources for patients and their families coping with Idiopathic Pulmonary Fibrosis (IPF) in order to sustain the highest possible quality of life.

Idiopathic Pulmonary Fibrosis (IPF) is a very rare lung disease with no known cause or cure. It is a progressive and irreversible disease characterized by scarring in the lungs and eventually patients have trouble breathing, even at rest, and must rely on oxygen therapy. The only hope for survival is a lung transplant.

Wescoe Foundation for Pulmonary Fibrosis was founded in memory of Ron Wescoe, who passed away in 2004 from this devastating disease.

Help us. Help others in the IPF community! Thank you for all of your support!

Learn more about our heartfelt mission at [www.wescoefoundationforpulmonaryfibrosis.org](http://www.wescoefoundationforpulmonaryfibrosis.org)

