WOMEN’S 5K: DO IT YOUR WAY

ATHLETE’S GUIDE FOR OUR 2020 EVENT

october 2020
our uniquely branded event
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WELCOME TO OUR 28TH YEAR!!

Dear Participant,

On behalf of the Women's 5K Classic, Inc. we welcome you to our 28th Annual event uniquely (because it's 2020!) called "Women's 5K: Do it Your Way!" The event will be different but we believe that this will be our most memorable one yet!

The event will have a traditional packet pick-up. See the guide for details on dates, times and locations. We are encouraging everyone to run/walk/jog/meander your very OWN favorite course between Friday, October 2 and Sunday, October 4.

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 gynecologic cancers and their families and to contribute funding for related programs and research in the Greater Lehigh Valley

Over the past 28 years we have successfully funded numerous and worthy programs and organizations in the Greater Lehigh Valley. We have cumulatively donated over 3.5 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 Grants

The 2019 Women's 5K Classic donated over $200,000 to worthy programs in the greater Lehigh Valley. Over 6,500 female relatives, friends, co-workers and neighbors benefited 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 28th Annual Women's 5K Classic: Do it Your Way! You have made a significant impact upon the lives of women who have been given a cancer diagnosis in the Lehigh Valley.
WE INVITE all our participants to fully engage this October 2-4 in a 5K or 1.5 mile loop run/walk/jog - you name it!!

The Women's 5K will upload all your race times super easily. Click HERE for more information. Simply find your name, add your results, and voila! All results will be accepted between October 2-4.

Walk/run with your sister, friend, mother, and teammates - whoever you feel comfortable with!

The course can be in a park, on your treadmill, in your neighborhood - the beauty of this year's event is that you are truly doing it your WAY!
HOW IT WORKS. PACKET PICK-UP

Participants in the 28th Annual Women's 5K Classic: Do it Your Way! will have the opportunity to pick up their race bag and fabulous t-shirt over three nights. These will be safe, distanced, and offer you the chance to get your swag. ALL participants picking up their items MUST wear a mask and follow our distancing protocols.

There will be a chance to also purchase Josh Early Pink non-pareils each evening. Please see below for locations, times and directions.

Date: Tuesday, September 29
Time: 3:00 to 6:30 p.m.
Location: Josh Early Candies, Tilghman Street, Allentown, PA

Date: Wednesday, September 30
Time: 3:00 to 6:30 p.m.
Location: Josh Early Candies, Tilghman Street, Allentown, PA

Date: Thursday, October 1
Time: 3:00 to 6:30 p.m.
Location: Tighe Orthodontics, Hamilton Street, Allentown, PA

ALL PARTICIPANTS WHO REGISTERED AFTER SEPT 15 PLEASE READ:
You will be eligible for our 2020 Race shirt however you must pick up at our second pick-up to be scheduled for later in November. Please do not anticipate picking up your shirt on one of the above nights.

www.womens5kclassic.org
HOW IT WORKS.

YOUR RACE, RESULTS

We encourage ALL participants to run/walk/stroll where they want and to complete their course between Friday, October 2 and midnight, Sunday, October 4.

Here are easy instructions for uploading your results and PLEASE make sure to add your photos to the site! We want to see all of your smiling and strong faces!

To post your virtual results please follow these steps:

- Go to https://runsignup.com/Race/Results/82420#resultSetId-213413;perpage:100
- If this link is not active in your email program, then copy and past it into your web browser (Chrome, Google, Safari)
- On the right, click on the "Submit Virtual Results Icon"
- For participant lookup, use "Participant Lookup - Search by Name"
- On the next screen, click on "Submit Virtual Results"
- Enter your time then click, "Submit your time."

Any issues, please contact Lin-MarkSports at Linmarksports@linmarksports.com

Include your name and your time.

PHOTOGRAPHS

Say CHEESE!!! It’s as easy as that. To upload your photos from race day, simply follow these easy steps.

- Go to https://runsignup.com/Race/Results/82420#resultSetId-213413;perpage:100
- Click on the last item on the top menu (all the way to the right) that says MORE
- Choose PHOTOS
- Upload your favorite shots from the day - you will be asked for your bib number or your name as it appears in race entry
FOR OUR SURVIVORS

We would not have a race without YOU!!! Even though we won't be having our Survivor Parade, we encourage you to create your own parade of sorts!

Be sure to document your race experience and send it to us!!!!

All survivors will be able to pick up their survivor gift at one of our Packet Pick-up dates and locations (between September 29 and October 1. See page 6 for details)

Remember...

Some races are for KICKS,
Some are for GLORY,
This race is for LIFE!
THANK YOU TO ALL OUR SPONSORS!

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