



Steph's Fall 5k



Saturday, September 30th, 2017
10:30 a.m.

(Rain Date: Sunday, October 1st)

Race Course and Location: This is a chip-timed, wheel-measured 5 kilometer (3.1 mi) run, 3 km (1.86 mi) walk, and a kids' fun run through grounds of the Luzerne County Sports Complex in Forty Fort. It is a flat, mostly grass course with two rolling hills. View race course map by entering "Steph's Fall 5k" in the event search on www.mapmyrun.com. Please note—no dogs.

To Remember, to Reward, and to Inform:

Stephanie Godri-Johnston, an avid cross country runner who loved the fall season, passed away from colon cancer in May 2012 at the age of 32. Steph's Fall 5k was created as a way for her children, family, and friends to honor Stephanie and keep her memory alive. The proceeds raised from the race will help fund the Stephanie Godri-Johnston Memorial Scholarship, which will be awarded annually to a Cross Country or Track & Field senior at Wyoming Area who exemplifies the characteristics that Stephanie possessed—a model student, athlete, volunteer, and friend. The run will also raise awareness of the second leading cause of cancer deaths in the U.S.—Colon Cancer. What was once viewed as an "old person's disease", has seen a large upward trend in colorectal cancer diagnoses in those under the age of 50. Early detection is the key and additional information can be found on the Colon Cancer Alliance website — www.ccalliance.org.

Registration: Pre-Register Online

\$20 (through September 27th) includes t-shirt
Register at <http://stephsfall5k.com> or at Steph's Fall 5k

Pre-Register Via Mail

\$20 (post-marked by September 25th) includes t-shirt
Check/Money Order payable to — Steph's Fall 5k
Mail To: Mary Godri | 127 Crest St | Harding, PA 18643

Race Day Registration

\$25 cash or check (limited t-shirt quantities & sizes)
Registration Tables open from 8:30 a.m. until 10:10 a.m. at the Main Pavilion



Awards:

Runners: Top Overall Male & Female | Top 3 Male & Female in Age Group
Age Groups: 14-Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-49, 50-59, & 60+
All Children 10 and Under in the Kids Fun Run will receive a mini pumpkin

Walkers: Top Overall Male & Female

Contacts:

Mary Godri | 570-388-2433 | Stephen Godri | 302-438-4698 | stephsfall5k@gmail.com

----- Sign, Detach & Return Below with Payment -----

By submitting this entry form, I for myself, heirs, lawyers, executors & administrators, hereby waive & release any & all rights and claims for damages against any individual associated with Steph's Fall 5k race. I hereby certify I am physically fit and have trained for this event.

Name _____ Age (race day) _____

Address _____ Walk _____ Run _____

City _____ State _____ ZIP _____ Male _____ Female _____

Email _____ Shirt Size (circle one) S M L XL XXL(+\$2)

Signature _____ Date _____

(If under 18, a signature of a parent or guardian is required prior to participation)