

PRESS RELEASE: Run for the Cannoli 5K

Event: 11th Annual Run for the Cannoli 5K

Place: Queen of Heaven Parish, Hazleton, Pa.

Date: Sunday, August 17 at 3:00 p.m.

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11th Annual Run for the Cannoli 5K race fast approaching; 1.5 mile Walk and Talk added

(HAZLETON 8-6-14) The Annual Run for the Cannoli 5K is back for its 11th edition on Sunday, August 17. Start time, as always, is at 3:00 pm.

Held in conjunction with the St. Mauro's Italian Festival at Queen of Heaven Parish in Hazleton at 12th and Vine Streets, runners will head out through the northwest section of the streets of Hazleton for the 3.1-mile trek.

Last year a slightly redesigned course greeted the record number of racers who came out to partake in what has become a popular mid-summer running classic.

Northeast PA running standout Chris Wadas of Wilkes-Barre and rising star Christina Capparell from Hazleton raced to new course records respectively in the men's and women's divisions.

Wadas, 32, was making his first trip to the starting line. A winner countless times throughout northeastern Pennsylvania and beyond, the Misericordia University Cross Country and Track & Field head coach stopped the clock at 16:01 and effortlessly collected the cash awards for finishing in first place plus setting a new course record.

Capparell, 14, has been making a name for herself as an up and coming talent among the areas cross country runners. Making her second Cannoli appearance, she bested her runner-up tally from 2012 to earn first place on the women's side with a solid time of 19:38. That was also good for 11th overall in the field of 165.

Wadas and Capparell added their names to an elite list of previous race winners with the likes of Jeff Skwierz, Nick Hilton and Brent Edwards. Also top female harriers such as Brenae Edwards, Samantha Snead, Samantha Snukis, Allie Petsuck and Helen Evans.

Once again the top male/female runner will earn \$100 to win, \$75 for second and \$50 for third. Plus there is a \$50 bonus to set a new course record and \$50 to the runner who finishes in 11th spot. Along with the cash the overall male/female winners

each receive a special embroidered jacket. Eligibility requirements apply for cash awards.

New this year is a non-competitive 1.5-mile "Walk and Talk" which race organizers added for those wishing to have a part in the event. The cost for walkers is \$12 and includes a commemorative event t-shirt (while supplies last).

As race day nears applications have been filing in from near and far. Participants from throughout Pennsylvania including as far west as Erie, have submitted entries. Likewise New York, New Jersey, Maryland and Connecticut state runners are set to make the ride to Hazleton for what many have dubbed a cult classic among 5K's thanks to the uncommon 3:00 pm start time and the party atmosphere that surrounds the affair.

As always there is a strong contingent of area contenders who will be toeing the starting line including many of the region's upcoming high school cross country runners. The race serves as a tune-up to their soon to start season.

Apart from the top cash awards, medals will be distributed to the top three in age groups from 15 to 60-plus years old. A race event T-shirt (while supplies last), \$5 in St. Mauro Italian Festival food tickets and of course a cannoli will go to each runner.

The race, which is a member event of the Hazleton Area Festival of Races, will be held rain or shine. There is \$17 pre-registration cost prior to August 11. \$22 day of race. Group rates are available.

For race apps please go to <http://neparunner.com/forms14/140817fc.pdf>

or send email request to dlmo@ptd.net or call race director Dino Oberto at 570-401-8168.

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