

8th Annual Coopersburg 5K Run

Saturday, May 24, 2014 (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 Coopersburg.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 16, 2014. **After Friday, MAY 16, 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: 2014 Coopersburg 5K Run. **Online registration is available at: www.coopersburg.org; www.active.com (Closes on Wednesday, 5.21.14).**

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 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
15 & under	15 & under
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 16, 2014.

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 23, 2014, 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 23, 2014.**

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.coopersburg.org. **Online registration is available at: www.coopersburg.org; www.active.com (Closes on Wednesday, 5.21.14).**

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.Coopersburg.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)

Winners will be chosen by clapping and cheering by runners during the raffle.

Raffle: We will be having a raffle at the end of the race! Stay and celebrate our local businesses and be surprised with the all the fantastic prizes!

For further information contact Jennifer Wescoe-Schaninger at 484.553.6340; (hours: 9 am-3 pm, Mon.-Fri.), e-mail: jwschaninger@hotmail.com. Online registration is available at coopersburg.org and active.com (active.com will close on Wednesday, May 21, 2014)

Profits will benefit Coopersburg Business Revitalization Program (CBRP), Make-A-Wish, Pottsville Regional Office, which serves the Lehigh Valley, and Wescoe Community Fund, Inc.

