



COOPERSBURG 5K RUN FOR PULMONARY FIBROSIS 2023

17TH ANNUAL

SATURDAY, MAY 27, 2023

LINE-UP TIME: 8:00 AM
OFFICIAL START TIME: 8:10 AM

EVERYTHING YOU NEED TO KNOW!

EARLY PACKET PICK UP IS HIGHLY RECOMMENDED:

**TO AVOID CONGESTION, PLEASE PICK UP
YOUR PACKET ON FRIDAY, MAY 26, 2023.**

The packets, including your shirt, race bib number, pins, race map and goodie bag may be picked up between 6:30-8:30 pm on Friday, May 26th at Coopersburg Borough Hall, corner of Main & State Streets.

On race morning: Packet pick up will be at Coopersburg Borough Hall from 6:30-7:45 am.

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 Map)

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

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).

Kids Fun Run Cost: Ages 2-8 years \$10 / Ages 8 and up \$30. Registration form must be postmarked by Friday, May 19, 2023. After Friday, MAY 19, the fee is \$38. Race day registration will be accepted until 7:15 am. Sorry, no guarantee of packet materials or tee shirt for those registering on race day. **MAKE CHECK PAYABLE TO: 2023 Wescoe Foundation for Pulmonary Fibrosis or WFPF.** Online registration is available at: www.wescoe.org; www.active.com (Closes on Wednesday, 5.24.23).

LINE-UP IS AT 8:00 AM:

The official start time is 8:10 am. on Main Street in Coopersburg. 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, at Borough Hall (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.

KIDS FUN RUN:

A 600 meter dash from the 5K start to finish at Coopersburg Borough Hall starts at 7:55 am. The information packet, registration form and online registration are all available at: www.wescoe.org; www.active.com (Closes on Wednesday, 5.24.23).

CHEERING SECTIONS:

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 at our three 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)

SPLIT TIME:

Will be respectively yelled at 1 mile in the 5K race.

EVERYTHING YOU NEED TO KNOW!

HOSPITALITY TENT:

Visit our tent for carbohydrates and goodies galore located by the start/ finish line at Borough Hall. There will also be two water stations along the route.

SURE TO BE A FAVORITE T-SHIRT:

Long sleeve with this year's specially designed emblem will be guaranteed to those who have registered prior to Friday, May 19, 2023.

AGE DIVISIONS:

AID STATIONS:

Two Water Stations provided along race route.
(See Race Map)
First-Aid Staff will be available on site.

HEALTH AND WELLNESS EXPO (7:45-11:00 AM)

Held before and after the 5K Run outside Coopersburg Borough Hall with local businesses promoting health and wellness in our community.
Check out www.wescoe.org for information to become a vendor or learn more about it.

AWARDS & RESULTS:

Official results will be available at www.wescoe.org the day after the event. The Awards Ceremony will follow the finish at approximately 9:15 am. on the front steps of the Health and Wellness Expo at Coopersburg Borough Hall. Special 1st Place Awards will be given to the overall male and female winners of the 5K, in addition to a \$100 purse for winners 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.

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)	40-44 (Masters Level)
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 it to volunteers after you cross the finish line.

FOR FURTHER INFO, CONTACT:

Jennifer H. Wescoe at 484.553.6340;
(hours: 9 am-3 pm, Mon.-Fri.),
e-mail: jennifer@wescoe.org.
Online registration is available at www.wescoe.org and active.com
(active.com will close on Wednesday, May 24, 2023)
Proceeds will benefit Wescoe Foundation for Pulmonary Fibrosis.



Wescoe Foundation for Pulmonary Fibrosis was founded in memory of Ron Wescoe, who passed away in 2004 from this devastating disease.
Learn about IPF. Talk about IPF. Raise awareness for IPF.

Thank you for all your support!
Learn more about our heartfelt mission at www.wescoe.org