Meet Our Guest Co-Host

This year, we are pleased to welcome a very special guest who is going to help us with the pre-run events and announcements.

We are honored that Fox 43 meteorologist MaryEllen Pann has accepted our invitation and will be joining us.

Mary Ellen is very involved in supporting many local charities and is in fact, a runner herself. So this event is right down her alley.

MaryEllen has worked for Fox 43 for 16 years and enjoys getting out in the community and meeting people and supporting causes that improves the lives of people in South Central Pennsylvania.

So come out on November 5 and meet MaryEllen Pann.

Meet Our Official Run Starter

We are excited to announce that the official run starter for this year’s event is none other than Emily Whitehead!

Last year we were honored to add Emily’s Foundation as the second official charity for BST.

In 2012, Emily became the first child in history to be treated using her own reengineered t-cells to fight her type of leukemia. Though things look bleak at times, she fought hard as did her doctors to make this pioneering treatment work. Fortunately, the treatment worked and today Emily is four years cancer-free.

In late 2014, her family started the Emily Whitehead Foundation to help fund more innovative treatments for pediatric cancer.

We are honored to welcome the Whitehead family to Lawn and have them share their story with us on 11/5.

http://bloodsweatandtearsfivemiler.weebly.com
A New Feature for 2016

We are excited to add another new feature for 2016, a book signing by a local author.

Hank Angus is best known as the founder of the THON Express that carries letters from the Hershey Medical Center to the dancers at THON every February. Through these efforts, he has helped raise over $650,000 for THON.

He is also a tireless advocate for more cancer research after having to watch both his son and wife battle this disease.

To help further this cause, Hank has written a book called, The Magic Pouch, that is described as a mythical tale about a small village’s struggle to end the curse that the wicked witch Cancer has cast on all the land. This story is very inspirational and is based on Hank’s personal journey with his family.

With the holidays fast approaching, this would be an ideal gift for the reader in your family.

Meet Kate

Kate is one of our BST honored heroes this year. A cancer diagnoses is never pleasant and even more heart breaking when it is a child, but for three year old Kate, this was her finest hour. She had to endure long treatments that taxed her little body. She lost her hair, gained weight, developed weakness in her legs to a point where she couldn’t walk while the steroids necessary for her treatment caused a very negative response in her usually bubbly personality.

But Kate never gave up and endured the two years of necessary treatments to rid her body of leukemia. Even as a three year old, she vowed to “kick leukemia’s butt.” Thanks to all the medical advancements and Kate’s fighting spirit, she did kick leukemia’s butt!

Meet the Apple Dumpling Gang

We are pleased to introduce two of our youngest cancer warriors at BST. Megan and Jarod have done BST every year along with their parents. They have gone from participating in strollers to actually walking the course.

In 2015, they decided to help the cause by selling apple dumplings. I was pleased and honored to accept a check from each of them at the run. This year, they are selling apple dumpling again. If you are interested in ordering apple dumplings, please contact me either by e-mail at tgarrett7@msn.com or by phone at 315-7228.

Orders have to be in by October 28. The family will have a table at the fire hall on the day of the run for easy pickup.

So help these two great kids out and order some apple dumplings today.
The Blood, Sweat and Tears Run could not be possible without local businesses who believe in and donate to our cause. So we encourage you to support them. Here are some of them.

Day of Activities

While the highlight of Blood, Sweat & Tears is the actual run, we are offering more than ever this year to compliment the run.

Here is just some what you can expect at this year’s event.

- A .15 minute stretching class held prior to the run under the fire hall pavilion. It will run from 8:15 to 8:30. (approx.)
- As always, our bake sale is a hit with the runners. We will have tables filled with some of your favorite treats.
- We will once again be holding a prize drawing for over 35 prizes. For only a $1.00 a chance, you can win gift cards, Hershey Park tickets, a Galaxy Tablet, a runner’s watch and many other great prizes.
- This year, runners will enjoy some tasty chicken corn soup after the run. We will be selling it by the cup.
- Once again, we will have an assortment of gift baskets you can buy.
- After the run, a caricaturist will be on-hand to draw your picture for a donation.
- A special exhibit will be on display courtesy of the Lebanon Valley Rails to Trails. It will have many old and vintage pictures of Mt. Gretna and the surrounding area.
- Children will want to play in our obstacle course and test themselves how fast they can go through all the obstacles.
- For our morning coffee lovers, we will have cups of Haitian Perle coffee. Each cup will be by donation with proceeds benefiting Haitian economic development.

So with all this going on, we guarantee you will have a great time and have memories that will last you many years.

The Blood, Sweat and Tears Run could not be possible without local businesses who believe in and donate to our cause. So we encourage you to support them. Here are some of them.
It’s Not too Late...

It is not too late to hold a fund raiser for BST. With some beautiful fall weather ahead of us, there is still plenty of time to go the extra mile for a cure.

Perhaps consider a car wash, a hot dog sale or a bake sale in your neighborhood. Or tell your co-workers what you are doing and maybe you can hold a fund raiser at work.

The sky is the limit and every dollar we raise takes us one step closer to a cure. And if you need more ideas, let me know.

We are Adding Caps this Year

We have a great working relationship with A-Z Advertising out of Landisville. Every year they outdo themselves with our BST t-shirts. So this year we asked if they could come up with the official BST baseball cap and once again, they came through for us.

We have placed an initial order and they will arrive in time for the run. We will sell them on a first come, first served basis. The price is $10.00 per hat. So look for the hat table inside the fire hall and get yours before they sell out.

A DJ for any Occasion

In 2012, Occasions DJ’s out of Elizabethtown volunteered to help us get started and now, four years later, we are still honored to work with the number one DJ service in the area. From weddings to parties, they should be your first choice for your next event. They are great to work with and provide excellent customer service.

To learn more about this award winning business, check out their web site at https://www.occasionsdjs.com/ and book them for your next event. You won’t be sorry and tell them the gang from BST recommended them.

Invite a Friend

Over these last three issues, we shared a lot of information and we hope you feel our passion and excitement for this year’s run. Being this is our fifth anniversary, we are pulling out all the stops.

Now we ask one thing of you. If you are attending this year, consider inviting a friend. We want to share our passion for a cure and get more people involved in our mission. By attending, they will hear and see some amazing success stories like Emily’s and some of the other children who will be at this year’s run. So why don’t you get on the phone and call a friend and say, “Hey, on Saturday, November 5, I’m running for a cure for cancer. Why don’t you join me?” Who knows, maybe they will take you up on it and help us take one step closer to a cure. So thanks for reading our 3 issues of The Bulletin and we will see you (and a friend) on 11/5/2016.
Pictures of the Course

We like to think we have a great course for our runners and walkers but here are a couple pictures in case you are a first timer. (we just wish it was this green in November)

Leaving the start line. 5 miles to go.

Right around Mile Marker 1

Heading towards Mile Marker 2 (notice the new wide road!)

Mile Marker 3

Heading to Mile Marker 3

2.5 miles in. Halfway there.

We love the sound of runner's feet hitting the metal bridge.

The water stop. Now time to hit the trail.

Arriving at the Lebanon Rails to Trail border

THE FINISH LINE!
This is the 2015 finish line

The 4.5 mile mark. Time to push it and finish strong