



Blood, Sweat & Tears Bulletin

Issue #4

BST #5 a Rousing Success!

The road to Lawn was filled with cancer fighting runners and walkers on Saturday, November 5 for the fifth annual Blood, Sweat & Tears Five-Miler.

For the fifth year in a row, we were blessed with great weather; meaning that while chilly, no rain in the forecast and plenty of sunshine.

The fire hall, normally filled with heavy equipment and fire fighting gear, had been transformed into our own little runner's expo. The participants could, after registering, visit a bake sale stand, purchase prize drawing tickets, buy gift baskets or sip on a hot cup of Haitian Perle coffee to ward off the morning chill. The next room held an apple dumpling sale, a stretch class, a soup sale, a book signing and an exhibit by a historian from the Rails to Trails.

We were even honored to welcome the Blues Brothers to Lawn as a local couple showcased their renovated police car that looked exactly like the one in the movie. It was even autographed by Dan Aykroyd himself.

By 8:45, the runners were gathered in the parking lot where our guest emcee, MaryEllen Pann from Fox 43, welcomed them. Pastor Stoffel gave an eloquent morning prayer after which Batman led four flag carrying pediatric

caner survivors down through the crowd for the playing of God Bless America.

Prior to the start of the run, the participants got to hear Tom Whitehead give the assembled crowd a brief history of Emily and her inspirational fight against leukemia. While many in the crowd were familiar with the story, hearing it again (and seeing Emily in person) was very uplifting and a great way to pump the runners up for their run.

Shortly after 9:00, Emily sounded the airhorn and the runners and walkers were off, along with police support. Some raced for time, some just walked to enjoy the beauty of the landscape.

Thirty two minutes later, the first runner crossed the finish line while others filtered in over the next hour. Everyone safely arrived back at the firehall, savoring what they had accomplished.

Afterwards, the participants turned their attention to the baked good stand and the tables were quickly emptied out. The same went for the gift baskets and that prize

***We are on
a mission
of love***

The Mission of the Blood, Sweat & Tears run: To celebrate life through running, food, and friendship while invoking a community spirit of solidarity towards funding vital cancer research.

The Mission of the Leukemia and Lymphoma Society: Cure leukemia, lymphoma, Hodgkin's disease and myeloma and improve the quality of life of patients and their families.

The Mission of the Emily Whitehead Foundation: To help provide researchers with the funding they need to find less toxic treatments for pediatric cancer.

drawing box got used as runners bought up tickets for some great prizes. Some of the children present took advantage of the obstacle course bounce house and enjoyed themselves.

Unlike other runs where the runners quickly disperse and head home, it was refreshing to see the runners hang around the finish line to chat and cheer in the other runners. Then, after crossing the road and getting back to the firehall, they feasted on hot

soup, got their caricature drawn or started munching on their purchased baked goods.

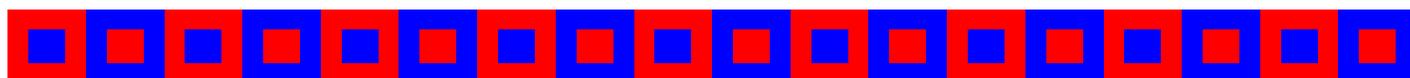
Many took advantage of having the Whiteheads there and got to ask questions about their cancer journey with Emily while others got some selfies with Emily herself!

We greatly appreciated the support we got from our participants and while we raised thousands of dollars, we also raised awareness and hope that we are finally winning this battle against cancer.

It has been said that no one can do everything, but everyone can do something. This is what we do; gather on a chilly November morning and run and walk for a cure.

This year, our participants got to see five beautiful children who are alive today thanks to the funding of medical research. But so many more are counting on us.

So let's roll up our sleeves, get to work and save all these kids. We owe them that.



BST would not be a success with our friends and sponsors

- Dela Ches Fishing Association
- The Hershey Company
- Turkey Hill
- Parline Golf Course
- Mt. Gretna Jigger Shop
- Redner's Pharmacy
- Value Drug Company
- Warburton's Greenhouse
- Kinsey's Outdoors
- Parks & Company
- Weaber, Inc.
- The Athletic Club of Hershey
- Worley and Obetz
- Sight & Sound Theatres
- DQ Grill & Chill
- The Vineyard at Hershey
- Hershey Medical Center
- Desserts, Etc.
- Troegs Craft Brewery
- Occasions DJs

- Pizzatown
- Staples
- Inside Track
- Miesse Candies
- MoviEtown Theatre
- Mt. Gretna Hideaway
- Giant Foods
- Weis Markets
- TJ Rockwells
- The Sinkhole Saloon
- Groff's Meats
- Studio161

We would also like to thanks the following for their volunteerism and community spirit:

- South Londonderry Township Police Department
- Fox 43 (MaryEllen & Leah)
- Ben Rodriquez
- Hershey Free Church
- Hershey High School volunteers

- The Gish Family
- Marianne Russell
- Sherry Cooper
- Jeanne Garrett
- Jake Kreider
- Pastor William Stoffel
- John and Teresa Alferez
- Robin Smith
- The Whitehead Family
- Our flag bearers (Chase, Ady, Corban and Kate)
- Samantha Saultz
- Amy Addams
- John the Pie Guy
- Glenn Kohr
- Erma Putt
- Joan Engle
- Lois Moyer
- Hank Angus
- Megan and Jarod

Pictures from the Event



Join the Fight

We strongly believe in the work of the Leukemia and Lymphoma Society and the Emily Whitehead Foundation and encourage you to continue to support their efforts. There are many opportunities available to you to help in the war against cancer.

The Leukemia and Lymphoma Society of Central Pennsylvania

Visit their website at www.lls.org/central-pennsylvania

They offer programs like:

- Team in Training
- Light the Night
- Man/Woman of the Year
- Student Series



Emily Whitehead Foundation

Visit their website at <http://emilywhiteheadfoundation.org>

Opportunities include:

- Endurance events
- Personal fundraisers
- Volunteer opportunities



What's Next?

I will be involved in a couple more fund raising events over the next few months (some of mine, some for others) and I would love to have you join me. Here are some of them and feel free to contact me for more details. (tgarrett7@msn.com)

- "Tri" movie premier at the Hershey Cocomplex Theater (December 10)
- January sub sale (January 16)
- Cancer Crushin' 5K in Jacobus (April 2)<https://www.runreg.com/cancer-crushin-5k>
- Hershey 10K (April 8)
- Spartan Half Marathon in York (April 9)
- Pittsburgh Half Marathon (May 7)
- Spring gun drawing (May)