



Blood, Sweat & Tears Bulletin

BST to Return For 6th Year!

We are super excited to announce the 6th annual Blood, Sweat & Tears 5-Miler will be held on Saturday, November 4, at the Lawn Fire Hall.

In the last five years, we have welcomed hundreds of runners to Lawn to run and walk for those who can't. We like to think we have made a difference as we have raised tens of thousands of dollars to help in the fight against blood cancer and pediatric cancer.

Last year's run was so very special. We had our most runners ever. We offered the most activities ever, from a bounce house for the kids to pre-run coffee for the adults. We even had some celebrities there as we welcomed the Blues Brothers, MaryEllen Pann from Fox 43 and our special run starter, Emily Whitehead. Fox 43 News even did a story on Emily and mentioned our event.

So while it is tempting to sit back and say we did enough, we can't. Despite the great advances we have seen just in the last couple of years, there is still so much more to do. And it takes funding. So our mission continues to help those afflicted by cancer.

This year, we are proud to once again team up with the Leukemia and Lymphoma Society and the Emily Whitehead Foundation. These organizations are making a difference in the lives of so many children and adults and I can't think of two better charities to support and stand with.

As we gear up for another run, we will keep you informed of what to expect this year. Some things will stay the same but we hope to offer some new features as well. Regardless, we have one goal; stop cancer. So we hope to see you on Saturday November 4.

Online Registration

Online registration will once again be available through Run/Reg. They are great to work with and our participants seem to enjoy the convenience of using it. However we will still offer paper registration as well.



Registration will open on June 1. Just go to our web site at <http://bloodsweatandtearsfivemiler.weebly.com/> and go to the "Registration" tab. The Run/Reg icon will be there for you to click to register and there will be a link to the paper copy too.

As in other years, we will offer an early bird special. This year, our schedule and fee rate is:

June 1 to July 4 - \$20.00 (t-shirt guaranteed)

July 5 to October 20 - \$25.00 (t-shirt guaranteed)

October 21 on - \$30.00 (t-shirts available while supply lasts)

Also feel free to check out our web site as it is updated with pictures from last year's event. We will be updating the site through the year as we continue to finalize our plans for this fall's event.

What's New for 2017

It has been the tradition of BST to add something new every year to keep our event fresh and interesting. In the last couple of years alone, we have instituted online registration (2014), timing chips (2015) and performance t-shirts (2016). For 2017, we are going to award our top three finishers with prize money. We think this is a great way to broaden the appeal of BST and bring in those runners who are serious competitors. We will stage the starting line such that the competitive runners are up front and center so there will be less jostling and confusion for when the horn goes off. We will also add more staff around the course, especially as they cross Eckert Road near the end to ensure the safety of the runners.

Our goal is to offer the following:

First place (male and female) \$100 Second place (male and female) \$50 Third place (male and female) \$25

In addition, we are going to recognize the top finishers in each age group with a medallion!

14 and under (male and female)	40 to 44 (male and female)	70 to 74 (male and female)
15 to 19 (male and female)	45 to 49 (male and female)	75 and up (male and female)
20 to 24 (male and female)	50 to 54 (male and female)	
25 to 29 (male and female)	55 to 59 (male and female)	
30 to 34 (male and female)	60 to 64 (male and female)	
35 to 39 (male and female)	65 to 69 (male and female)	

We are excited about adding this new feature for 2017. So be sure to tell your racing friends to mark the date so they can come out and run for money and medals!

Going the Extra Mile for the Kids

While we love seeing people come out to BST to run the course and enjoy all the extra activities we offer, our main goal is to raise as much money as possible to fight cancer. We do this through event sponsorship, registration fees and the buying of prize tickets and baked goods. However we would like to challenge you to go the extra mile this year and make BST a fund raising event for us. The great thing is there is no minimum to raise and you are free to do any type of fund raiser you like. (as long as it is legal). And we will recognize your efforts with a certificate and perhaps other types of recognition as well.



For instance, the last two years, we have had two incredible kids from Lebanon sell apple dumplings where all the proceeds went to BST. They have raised hundreds of dollars to help in the fight against cancer. Imagine what you could raise?

Stuck for ideas? Here are just a couple great ideas to get you started and we are willing to work with you to help finalize them. Plus getting your children involved is a great way to teach them the importance of helping others.

How about a: car wash, hot dog sale, bake sale at work, mow grass for neighbors, hold an event at your gym, babysitting, dog walking, chili cook-off, trivia night at a local restaurant/bar, penny wars, fund raising night at a local restaurant or a community yard sale are just some of the ideas.

The list is limitless and we can help you fine tune your ideas as well as support them and promote them when we can. So put your thinking caps on and commit yourself to helping us stop cancer. In 2017, be a part of the solution. Be a part of the cure for cancer.

New Food for 2017

Runners love to run and runners love to eat. So this year at BST, the runners will be able to enjoy some pulled pork sandwiches from one of Central Pennsylvania's leading and award winning barbecue pit masters.

We are pleased to welcome Harvey's Bar-B-Q out of Mt. Joy to our growing BST family. I have personally sampled some of his specialties and can vouch for their quality and taste.

So after the run, we will be set up inside the fire hall where runners and walkers can relax and enjoy some tasty pulled pork sandwiches and a drink. Take outs will be also available.



Participant Comments

In our newsletters, we want to share some of the comments of our past participants.

“Our family has participated in the event the past 3 years and plan to take part in it for as long as it continues. To see people come together to fight this horrible disease whether they come to walk or run, volunteer their time and goods to raise money, or just come to give extra support to others is a breath of fresh air in a world that doesn't always seem too pleasant. In one way or the other, this disease has touched our families in some way and knowing that each year we get closer to a cure is all the incentive we need to take a cold walk in November”

~HG

BST Supports the Blizzard Run

For the second year, BST is proud to be an official sponsor of the Blizzard Run. The Blizzard Run is put on by the good folks at Dairy Queen in York and it benefits the Penn State's Children's Miracle Network. This 5K is scheduled for Saturday September 9 at Sunset Park Lane in York. They held a great event last year that even included some activities for the kids. This year's event promises to be even bigger and better. And at the end, you get free DQ Blizzard! You can't beat that after a run. BST hopes to have a stand there and I will probably be somewhere on the course helping to direct runners so be sure to wave as you go by.



More Ways to Help the Cause

We greatly appreciate those businesses, organizations and individuals that sponsor our event. They help provide us with the resources to hold a great event and more importantly, help add to our financial contribution to our two worthwhile charities. If your business or organization would be interested in supporting BST this year, please have them contact me so I can share with them some of the efforts we are undertaking to help end cancer. For 2017, we welcome back long time sponsors like Warburton's Greenhouse and The Vineyard at Hershey while welcoming the Office of State Representative Frank Ryan as a first time supporter. We would love to add your business or organization to our growing list of sponsors.

Every year, our gift baskets are a great hit with our participants and help us to boost our profits. In the past, we have offered a wide array of baskets that include a wine basket, a romance basket, a coffee/tea basket, an ice cream basket and a movie basket to just name a few. If you think you would like to create or donate a gift basket to our event this year, we would certainly appreciate it. Just let me know.



In 2017, we would love to see a community of people come together, work together and help us defeat cancer together.

A 8K/5 Mile Training Schedule

OK, if you did Blood, Sweat and Tears last year, you know how to run or walk 5 miles. But what if you are trying to talk a friend, a co-worker, a neighbor or maybe your spouse into doing it this year. They may say, "I would love to support cancer research but I never ran 5 miles in my life." So to help them out, we are offering a very basic 8 week training plan for a 8K (4.97 miles). So this means they can start on September 4 and be ready for the start line on November 4.

As a word of caution, if they haven't had a recent physical, they should visit their doctor and get cleared for running.

The training schedule below gives you all your workouts for each of the 8 weeks. You don't have to do your runs on specific days; however, you should try to avoid running two days in a row. It's better to take a rest day or do cross-training on the days in between runs. Cross-training can be walking, biking, dancing, swimming, or any other activity (other than running) that you enjoy. Doing 15-20 minutes of strength-training 1-2x a week can be very beneficial.

You should start each run with a 5-10 minute warm-up walk or slow jog. Runs should be done at a comfortable, conversational pace. Finish up with a 5-10 minute cool down walk or slow jog.

Week 1:

Day 1: Run easy 1 mile (1.6 K)
Day 2: Rest
Day 3: Run easy 1 mile (1.6 K)
Day 4: 40-45 min cross-training
Day 5: Rest
Day 6: Run easy 1.5 mile (2.4 K)
Day 7: Rest or 30 min walk

Week 2:

Day 1: Run easy 1.5 mile (2.4 K)
Day 2: Rest
Day 3: Run easy 1 mile (1.6 K)
Day 4: 40-45 min cross-training
Day 5: Rest
Day 6: Run easy 1.5 miles (2.4 K)
Day 7: Rest or 30 min walk

Week 3:

Day 1: Run easy 2 miles (3.2 K)
Day 2: Rest
Day 3: Run easy 1.5 mile (2.4 K)
Day 4: 40-45 min cross-training
Day 5: Rest
Day 6: Run easy 2 miles (3.2 K)
Day 7: Rest or 30 min walk

Week 4:

Day 1: Run easy 2 miles (3.2 K)
Day 2: Rest
Day 3: Run easy 1.5 mile (2.4 K)
Day 4: 40-45 min cross-training
Day 5: Rest
Day 6: Run easy 2.5 miles (4 K)

Day 7: Rest or 30 min walk

Week 5:

Day 1: Run easy 3 miles (5 K)
Day 2: Rest
Day 3: Run easy 2 miles (3.2 K)
Day 4: 40-45 min cross-training
Day 5: Rest
Day 6: Run easy 3 miles (5 K)
Day 7: Rest or 30 min walk

Week 6:

Day 1: Run easy 3.5 miles (5.6 K)
Day 2: Rest
Day 3: Run easy 3 miles (5 K)
Day 4: 40-45 min cross-training
Day 5: Rest
Day 6: Run easy 3.5 miles (5.6 K)
Day 7: Rest or 30 min walk

Week 7:

Day 1: Run easy 4 miles (6.4 K)
Day 2: Rest
Day 3: Run easy 3 miles (5 K)
Day 4: 40-45 min cross-training
Day 5: Rest
Day 6: Run easy 4.5 miles (7.2 K)
Day 7: Rest or 30 min walk

Week 8:

Your first 8K (5-miler) is this week!