



Blood, Sweat & Tears Bulletin

BST to Return For 9th Year!

Needless to say, 2020 has been quite an unforgettable year. Many of our fund raising plans have been canceled or changed. Sadly, like in most situations, the children suffer the most. But enough is enough. Now it's time to go back to work, So therefore we are pleased to announce the 9th annual Blood, Sweat & Tears 5-Miler and 5K will be held on Saturday, October 31, at the Lawn Fire Hall.

Due to the ongoing COVID 19 pandemic, we will be implementing a number of safety measures to ensure the safety and well being of our runners and walkers. Plus we will be scaling back on some of our usual activities. However our mission remains the same; run and walk for a cure for pediatric cancer.

2019 was a good year and your dollars helped us to give the Emily Whitehead Foundation a check for \$10,000 last November. Hopefully we can put up some good numbers in 2020 despite all the challenges we are facing.

Our theme for this year's run is "Let's Make Pediatric Cancer Disappear" We look forward to each of you helping us make that a reality. We have seen a lot of great advances in just the last couple of years, all thanks to those whose dollars have funded major innovations like the CAR T therapy that saved Emily's life.

Every dollar we raise will help the Emily Whitehead Foundation continue their mission of funding a cure for pediatric cancer. Children and their families are counting on us and we can't let them down. We can honestly say children are alive today due to our efforts. Together, we can save even more lives in 2020.



Online Registration

Online registration is once again 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 opened July 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 as well.

The fees will be as follows:

July 1 to October 20 - \$25.00 (t-shirt guaranteed)

October 20 through event day - \$30.00 (t-shirts available while supply lasts)

Also feel free to check out our BST web site on a regular basis. We want to keep you informed on all the exciting things we have planned for 2020. And if you have any questions, use the contact section to ask them. You can also follow us on FaceBook as well.

The BST Virtual Run

We certainly respect people's concerns regarding COVID-19 and their desire to practice distancing. So for those who might feel uncomfortable about attending our event in person, we are offering the option of doing a virtual run. You can register for this either through Run/Reg or by downloading a paper registration form found on our web site. And the best part is you still get our official BST tee shirt. The shirt will be mailed to you after November 1 or it can be picked up either at the fire hall or at my home. (details to follow)



Then, you can run anywhere, anytime and any distance to help the cause. We are even going to encourage people to send me pictures so we can post them on our web site and the BST FaceBook page.

While we would love to see you there in person on 10/31, we fully understand the impact COVID-19 has had on society. So this is just one more option and it could be a great way for those outside our immediate area to join to fight. We might even post a list of virtual runners at the fire hall the morning of the event to recognize their contribution.

Take the BST Challenge

Last year we introduced the BST Challenge where participants could do both the five mile course and the 5K. This proved to be very popular and we plan and having it again this year. Just like last year, you will need to register in advance either through Run/Reg or using the paper registration form. Those completing this challenge will be receiving a little prize at the end to recognize their accomplishment.

Great Gifts!

We already have the 2020 BST tee shirt all picked out and since we are running on Halloween, it had to be orange!



And in addition, every runner or walker who attends BST in person gets a very cool BST coffee mug.



Special Guest

This year, we are excited to welcome a returning guest to BST.

In 2019, we were honored to have Rita Giegle join us as both my co-host for the pre-run/walk announcements and to lead the group in a warm up.

Rita is excited about returning to BST in 2020 and sharing her enthusiasm and can do spirit with the participants. She is one of Central Pennsylvania's premier personal trainers and could be a great resource for anyone looking to take their fitness level up a notch. Check out her web site at ritagiegelfitness.com.



BST is pleased to announce that Sheetz's of Palmyra will be providing coffee to all our participants this year.

So come out early and enjoy a cup of coffee to keep you warm before the run starts.



Protecting our Participants

We realize many local events, like runs, have been cancelled this year due to COVID-19. We were close to cancelling BST as well. However after talking to local officials and reading what other events are doing, we decided to proceed with BST 2020. Plus with so many events canceled that support the Emily Whitehead Foundation, it impacts our mission to help activate a cure.

With that in mind, we are going to implement certain guidelines and procedures to ensure the safety of our participants.

One benefit we do have is a large firehall grounds and facilities that can provide for social distancing. I believe the parking lot alone is over 10,000 square feet so social distancing should not be a problem.

The biggest challenge will be the registration process. For those who had attended in previous years, you remember entering the ambulance doors and seeing the registration tables. Once you picked up your packet and tee shirt, you exited the way you came in, passing all those others in line. This year, we will be implementing a one way in, one way out system. You will enter the same doors and proceed to the next room where three registration tables will be scattered. Those involved with the registration process will be wearing protective gear. Once you are registered, you will continue to a table where you will pick up your tee shirt and goody bag on your own. Once you have completed this, you will exit a side door.

As always, porta potties will be in service and equipped with hand sanitizers. We will have other tables outside the firehall with hand sanitizers as well.

We anticipate holding our annual bake sale since so many people look forward to this. Remember, COVID-19 is not a food-borne virus. However extra steps will be taken by those at the bake sale stand to practice proper hygiene, i.e., wiping down tables, wearing gloves, etc. We also hope those buying the products will assume more of a self serve role.

Unfortunately, we will not be hosting any vendors this year nor will we be holding our annual drawing for prizes.

As we line up for the start of the run, we will be encouraging social distancing. The local police will be shutting down the road in front of the firehall so they will be plenty of room to keep distance between you and other runners and walkers.

We will continue to review our planned procedures and guidelines and make adjustments as needed.

Dedication



We lovingly dedicate this year's event to Nicole Gularte. Nicole was an important part of our EWF family. Facing death from cancer, she heard Emily's story and was able to participate in a trial at UPenn. This trail gave her a couple more years of life in which she used that time to impact many lives.

Her passion, strength, faith and commitment to a cure inspired many along the way.

She became an important advocate for children and participated in many events to share our message of hope.

On April 25, her voice was silenced but her memory will live on and continue to inspire us as we fight for a cure.

Surprises

We always love to come up with new ideas and some surprises for our participants. This way it keeps things fresh and keeps interest in BST high.

So this year is no different.

During the pre-run announcements, we will make a major announcement regarding next year's event. 2021 will mark our 10th anniversary and we want to do something special to commemorate it.

In addition, we will be holding a second event this year at BST. We will share more details as we finalize them.



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 3 and be ready for the start line on October 31.

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!