

September. 2023



# Blood, Sweat & Tears Bulletin

## BST 2023!

We are excited to announce that the 11th annual Blood, Sweat and Tears Run will be held on Saturday, September 16 in beautiful Mt. Gretna.

We look forward to returning to this quaint little town nestled in the hills of Lebanon County to continue our mission; to help stop pediatric cancer.

Over the last ten years, we have raised thousands of dollars for the Emily Whitehead Foundation. The dollars we have raised have certainly made a difference in the lives of many children. Nowhere was this more evident than at our 2020 event when Emily Whitehead herself ran our 5K course.

So to our returning runners and walkers, welcome back. And to our new participants, we can't wait to welcome you to this event and make you a vital part of helping us write a better story with a better ending for children with cancer.

For 2023, we will be meeting up on Timber Road in Mt. Gretna which is right behind the Mt. Gretna Lake, All our courses, whether they be 3.1 miles, 5 miles or ten miles, will take place on the Rails to Trails course.

Our theme for this year's event is "Their Fight is our Fight." When these kids fight cancer, they are fighting a vicious foe that is unrelenting and shows no mercy. They need as much help as they can to win this battle. We can help even the odds by funding more clinical trials, along with some new treatments and drugs to help these kids win their battle.

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 2023.

### Online Registration

Online registration is once again available through Run/Reg. However we will still offer paper registration as well.

Registration opened May 1. Just go to our web site at:

[http://  
bloodsweatandtearsfivemiler.weebly.com/](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:

#### **5K, 5 Miler and 10 Miler**

5K and 5 Miler - \$30.00

10 Miler - \$35.00

FYI: Online  
registration  
ends on 9/13.

Day of registration will also  
be available. This will be  
paper registration only and  
the fee will be \$30.00.

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## Our Three Courses

### The 5K Course

The 5K course will start on Timber Road and head towards the spur that will take the runners and walkers back to the Rails to Trails course. They will turn left on to the trail and run/walk 1.55 miles to the water stop where they will see the 5K turnaround sign. Everyone will return the same however once they get back on Timber Road, they will make a right on Valley Drive and follow that to Oak Road which will lead them to the finish line.

### The Five Mile Course

The five mile runners and walkers will follow the same route as the 5K people. They will continue past the 5K water top/turnaround and continue going towards Colebrook. Right before entering the Colebrook Trail Head, they will see a 5 Mile turnaround sign at the water stop. They will turn around and head back the same way they came. As with the 5K runners and walkers, they will get back on Timber Road and make a right on Valley Road, a left on Oak and cross the finish line.

### The Ten Mile Course

For the 10 mile runners, they will follow the same route as the 5K and five mile participants. They will pass the 5K and 5 mile water stops and enter the Colebrook Trail head. Here they will cross Mt. Wilson Road and continue on the trail. They will cross the Elizabethtown Road and stay on the trail. The trail will lead to the Lawn Park. They will cross Lawn Road and continue until they see the 10 Mile turnaround sign. This will be less that 100 yards after crossing Lawn Road. Here they will turn around and come back the exact same way. As with the 5K runners and walkers, they will get back on Timber Road and make a right on Valley Road, a left on Oak and cross the finish line.

## Food Trucks

This year, we welcome two food trucks to BST.



Mad Dash Concessions is a Central PA-based food truck that serves gourmet, handcrafted grilled cheese sandwiches.

We highly encourage everyone to check out their web site at [maddash-grilledcheese.com](http://maddash-grilledcheese.com) and see their menu.

So after a long run, nothing tastes better than a hot grilled cheese sandwich. Or try their grilled Mac-n-Cheese, my personal favorite.

We warmly welcome Quinn's Coffee Bar to BST. She loves our story and is anxious to join the fight.



Quinn's is a relatively new business in the area but has quickly made a name for herself and a lasting impact on her growing list of regular customers.

She has partnered with local businesses to offer a wide selection of coffees, energy drinks and fruit drinks. She even offers some baked goodies as well.

Please check out her web site at [quinnscoffeebar.com](http://quinnscoffeebar.com) to see her long list of available drinks. Otherwise it might take you a while to pick a drink based on her wide selection of delicious hot and cold drinks.

## Pick-a-Prize Raffle

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Our annual raffle has been a staple of BST for every year so far. But this year, we decided to mix it up a little and do something different.

This year, we decided to do a Pick a Prize Raffle where you buy tickets for the exact item you wish to win. So at the event, the items will be lined up a table with orange bags in front of each item. Tickets are only \$2.00 a piece or three for \$5.00. Once the ticket or tickets are filled out, you drop them in the bag of the item you wish to win. For example, if you buy ten tickets, you can put 6 of them in your top favorite, maybe 3 in your next favorite and one in your third favorite. So the more tickets you buy, the greater your chances are of winning that item.

Plus to make it easier, you can go to the BST web site at <http://bloodsweatandtearsfivemiler.weebly.com/> and go to the “Day of Activities” tab and download the raffle tickets and fill them in at home. They can be mailed to me or brought to the event. And if you know people who might want to participate, please share this with them. You do not need to be present to win. The more tickets we sell, the more money we make for the Emily Whitehead Foundation!

### So here is our current list of items.

1. Golf package for four (4) at Iron Valley Golf Course in Lebanon County (carts not included)
2. A Fit Bit basket that includes a Fit Bit Charge 5 and the book, “Fitbit Goal Reaching Manual)
3. A Gas Grill. A two-burner gas grill from American Gourmet.
4. Mt. Gretna/Colebrook Gift Basket. A collection of items from businesses in Mt. Gretna and Colebrook.
5. Date Night Basket. Includes a \$50.00 gift card for Fenicci’s Restaurant, a bottle of wine, chocolate and the book, “50 Great Dates.”
6. The Hershey Package. 2 tickets to HersheyPark for the 2024 season plus other Hershey items.
7. Alcohol and Bath Basket. A bottle of whiskey plus bath items with an alcoholic theme.
8. Memorial Lake Paddle Trip. A one hour paddle trip for four at Memorial Lake.

All items will be on display at the event so you can see everything included in each basket.

## Dedication

We once again dedicate this event to Mike McCauley. Mike was an important member of our EWF family. Mike had a passion for life and for running that was contagious. During his journey in life, he inspired so many others to face challenges head on and be the best they could be.

In 2019, Mike’s epic run from the Hershey Medical Center to the Children’s Hospital of Philadelphia and back highlighted the need for more pediatric cancer funding. EWF was proud to partner with him on that run and we appreciated his commitment to our mission.

Mike’s life run ended way too soon. But we will pick up the pace for him and continue to run for a cure for pediatric cancer. So Mike, this event’s for you. We won’t let you down.



## 2023 BST Tee Shirt

Here is a sneak peak at the 2023 BST tee shirt. This year we went with electric blue that highlights the red BST logo and Mike McCauley’s initials in white on the left sleeve.

So register soon to get yours and proudly wear it at the run.



## New Sponsors



We are honored to add two local businesses to our list of sponsors. We have another new sponsor but he didn't want his sponsorship listed by his name but simply given "in Jesus Name."

## Door Prizes

This year, we will be offering door prizes that include purple EWF blankets and red BST coffee mugs. Winners will be announced prior to the run.



## Finally, How's Emily?

No matter where I go, people always ask me, "How's Emily?" We can gratefully say, she is doing very well. She graduated back on May 28 and was accepted at the University of Penn where she is studying Environmental Science.

Despite her busy schedule, she still remains active in support of the foundation that bears her name. She speaks at events and continues to inspire those in the medical community and patients who are fighting their own battle with cancer.

Please check out "Stand Up to Cancer 2023" on Youtube to see Emily today.

We saved this one. Now let's save them all.

