



FATHER'S DAY 5K



Spooky Nook Sports Father's Day 5K & Free Family/Kids Fun Run

Saturday, June 18, 2016

5K 9:00am

Fun Run 9:45am

WHO: Runners of all ages. Gather your family, friends and co-workers. Walkers are also invited to participate using the same course. The course is stroller and wheelchair accessible.

WHAT: A fun 5K run/walk and a short family fun run designed for the whole family. The event also seeks to raise funds and awareness for the LG Health/Penn Medicine Women & Babies Hospital, NICU.

WHERE: Spooky Nook Sports Complex, 75 Champ Blvd., Manheim PA 17545. The race will start and finish on Spooky Nook property. It will be an out and back flat course. It will utilize the Lancaster Junction Trail.

WHEN: Saturday, June 18, 2016
8:00 a.m. – Registration begins
9:00 a.m. – 5K Run begins
9:45 a.m. – Family/Kids Fun Run begins
10:00 a.m. – Award presentation at finish line

REGISTER: Online Registration Only at:
<https://www.pretzelcitysports.com/onlineform1.php?id=871>
(Nominal service fee applies, closes at midnight on the Wednesday before race day)

No mail-in registrations. Day of race registration available.

REGISTRATION SCHEDULE: Father's Day 5K (online only)

Dates:	March-May 31	June 1-15	June 18 (race day at the registration table)
Adult:	\$25	\$30	\$35
Youth:	\$20	\$25	\$30

NICU SUPPORT FUND DONATIONS: (Goal \$2,000)

\$10 \$20 \$50 \$100 Other: \$_____

RESULTS: The course will be incrementally marked and the turnaround will be clearly identifiable with staff and signage. Finish line and timing service by Pretzel City Sports. Race results posted on www.pretzelcitysports.com.

AWARDS: Presented to Overall Male and Female Champion; top Male and Female finishers in each of the following age brackets: 14 and Under, 15-19 years, 20-24 years, 25-29 years, 30-34 years, 35-39 years, 40-44 years, 45-49 years, 50-54 years, 55-59 years, 60-64 years, 65-69 years, 70+ years.

DIRECTIONS:

- GPS Address for Directions:
 - 75 Champ Blvd., Manheim, PA 17545
- Registration will be located in parking lot #6
- <http://www.spookynooksports.com/>

WOMEN & BABIES HOSPITAL NICU SUPPORT FUND DONATIONS:

When you register for the race there will be an option for you to also make a donation to benefit the Women & Babies Hospital NICU Support Fund. Please select the amount you feel you want to give. If your desired amount is not an option, please select other and fill in the amount. More information on the NICU Support Fund can be found at: <http://lghealth.org/nicufund>

Name _____ Phone _____
Please print
 Address _____ City _____ State _____ Zip _____
 E-mail address _____ Age (on Race Day) _____ Male _____ Female _____

T-shirt size:
Youth S M L
Adult S M L XL XXL

WAIVER/RELEASE: I hereby waive all claims against the race director, race officials and volunteers, any and all sponsors including, but not limited to Spooky Nook Sport, East Hempfield Township and Lancaster County Parks and Recreation and those in their employ, the County of Lancaster, and all their representatives and successors from any injury or liability I might suffer in this event. I attest that I am physically fit and prepared for this event. I assume all risks associated with running in this event including, but not limited to: falls; contact with other participants; the effects of the weather, including high heat and/or humidity; and the condition of the road and trail; all such risks being known and appreciated by me. I grant full permission for organizers to use my name and or pictures in legitimate accounts and promotions of this event.

Signature X _____ Date _____
(Parent or guardian's signature if less than 18 years of age.)

A family's experience with the NICU & the NICU Fund.

comfortable. His journey was coming to an end.

As their brave little man slipped away, the McGahrens reflected on the 3 1/2 years that had passed and the many people who had helped their family travel this long, difficult journey. Their thoughts turned to the WBH NICU and the confident, capable professionals who nursed Myles through each of his earliest days on earth. They remembered the isolettes, the monitors, the high tech equipment that surrounded them each day.

And then they remembered the chairs. In the NICU, the McGahrens had been encouraged to practice "Kangaroo Care," which involved holding Myles skin-to-skin. But finding a comfy chair where they could hold and feed and cuddle their son had been a challenge. A few were available, but they were always in demand. When Myles passed away on November 25, 2009, Paul and Lisa requested that donations be made in his memory to the WBH NICU Fund. They partnered with staff from the Lancaster General Health Foundation and Women & Babies Hospital to ensure that the funds donated would be used specifically to purchase those very special chairs.

Paul and Lisa reflect, "The NICU nurses have a lot of responsibilities and skills and wear many hats. They taught us so much and the compassion was overflowing. We will never forget them. We would like every parent and nurse in the NICU to have everything they need." It's a wish simply stated from a family willing to help make it happen.

"You're going to have triplets!" was the life-changing message delivered to Paul and Lisa McGahren in October 2005. They received the news with a lot of joy, a dose of fear, and no idea of the incredible impact their triplets would have on their lives. Dr. Kara Jones of Lancaster Physicians for Women and Dr. Philip Bayliss, WBH Medical Director of Perinatology, monitored Lisa closely.

At 27 weeks, the unthinkable happened. The smallest of their precious babies, Luke, unexpectedly died in utero. Devastated, Lisa and Paul mourned the passing of their tiny son and worried about the fate of his brothers.

Luke's death had dramatically affected Myles' blood supply and at 31 weeks, an ultrasound revealed a massive injury to both hemispheres of Myles' brain. "We were crushed," says Lisa. The next three weeks "were the hardest weeks of my life." WBH Chaplain Carolanne Hauck had been meeting with the couple since Luke died, and she continued to offer support during this difficult time.

Together, the McGahrens, Carolanne, and Dr. Kevin Lorah, Medical Director at WBH, mapped out a birth plan for the boys. Dr. Lorah understood and respected Paul and Lisa's wishes regarding medical interventions for Myles. There were so many unknowns.

The waiting was over on May 15, 2006. A team of nurses and doctors was mobilized, delivering the babies and doing everything they could to give them the best possible chance at survival. Paul and Lisa met Myles first and Max followed. At 5 lb. 6 oz., Myles actually outweighed his brother. Luke was the last to arrive and he weighed in at less than a pound.

Many tears were shed during that first

week. "The NICU staff surrounded us with support," Lisa recalls. WBH Care Manager Linda Hess helped the McGahrens connect with Dr. Stephen Tift of Roseville Pediatrics and Pediatric Neurologist, Dr. Stephen Gottleib.

The NICU nurses cared for Myles and his family with a comforting blend of technical expertise and compassion. When it became obvious that Myles was going to survive, the medical team offered advice and support as Paul and Lisa made difficult decisions about his care. When Myles was finally ready for discharge, Linda Hess offered Lisa and Paul information about home nursing care.

After 6 months, life at the McGahrens seemed to stabilize. When Myles and Max were just over a year old, Dr. Lorah called from out of the blue, just to find out how things were going. The news was good. The family had established a rhythm, and declared, "Let's have some good times!" Lisa remarks, "The sky opened and the sun came shining through. Life was as normal as we could have hoped for given the situation." Friends loved to visit with Myles, a smiling, happy baby. "People felt that Myles lifted them up. He was a slice of heaven!"

He was "Mighty Myles," who loved being with his brother, Max, and hearing the sounds of his new baby sister, Riley. Together, the family celebrated simple moments like bedtime.

Then, in March of 2009, Myle's home care nurse began to notice a few changes. He was experiencing frequent seizures and required more medication to keep them under control. The doctors that Lisa and Paul had grown to trust came together, and a decision was made to treat his symptoms and keep Myles