

Northampton **NAMI LV 5K Race and Walk for Mental Illness**



Sunday, September 29, 2019 9 AM

Wayne A. Grube Memorial Park

1200 Willow Brook Rd* Northampton, PA 18067

***IMPORTANT! GoogleMaps, Waze, etc. do NOT give correct location**

See directions below* GPS Coordinates: Lat: 40.676396, Long.: -75.461745

REGISTER to Run, Walk, Volunteer, or Donate @ bit.ly/namilv5k

The 9th Annual NAMI Lehigh Valley 5K Race & Walk will occur at a beautiful **NEW LOCATION** plus **TIMING** by Pretzel City Sports!! **MORE AWARDS TOO!! NOTE: Dogs & smoking are not permitted**

5K RACE PARTICIPANTS receive T-shirts if registered by 9/18; later registrants while they last.

AMENITIES: basket raffle tickets; bagels, fruit, and coffee before and after the race, plus hot dogs (regular and vegan options) & chips afterward. No runners under age 10 or baby strollers in the race, but they are welcome at Walk. Enjoy live music and park's two playgrounds, tricycle track, volleyball court, softball field, and indoor restrooms.

RACE AWARDS. MORE THIS YEAR 1st, 2nd, 3rd Place Overall Female and Male **PLUS** Top 3 Female and Male in each of the following age brackets: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+. **Award winners** also receive the area's only **EDIBLE MEDALS/RIBBONS** from **CUSTOM COOKIES BY ELIZABETH!** Must be present to win edible medals--they can't be mailed.

5K Race Course Description: Race starts in park and continues on Nor-Bath Rail Trail (macadam and cinder) through scenic pastures and woods, with 2 bridges crossing a stream. **5K Race Results** will be posted at <https://www.pretzelcitysports.com/race-results/2019-results/>

WALKERS PARTICIPANTS receive T-shirts on a first-come, first-serve basis (while they last). They also receive same **AMENITIES** as runners (see above). Walk is free, but donation of \$5 or more is appreciated to support our event. Walkers can register online (preferred) or at event.

Walking Course Description: The walk course is separate from race course and is in the park, covering short distances on macadam & grass. Walkers who want to do a 5K walk can ask for directions at Walk Registration table.

REGISTRATION Sign up to run, walk, volunteer, or donate to NAMI at bit.ly/namilv5k
Runners, register by Sept 18 to guarantee a shirt! 5K Race registration increases from \$25 to \$30 on September 19. ONLINE REGISTRATION ENDS WEDNESDAY, Sept 25 at 4 PM.
Same-day registration is cash or check only.

RACE & WALK TIMELINE

7:45-8:40 Race & walk registration/check in. * **ends promptly at 8:40.**

8:45 Welcome

9:00 Race starts near the large pavilion

9:15 Walk starts

Immediately following 5K (approx. 10:30): Awards ceremony followed by raffle. Must be present to win raffle prizes.

DIRECTIONS GPS lies!!! It will take you about ½ mile past park on Willow Brook Rd.
Follow these directions instead: At intersection of Route 22 and Airport Rd (PA 987), go north on PA987 to traffic light at Race Street, turn left. Go 1.1 miles to light at Willow Brook Rd. Go right (north) on Willow Brook for 1.5 miles. Wayne A Grube Memorial Park is on right. If you get to Bullshead Rd or Catasauqua High School, you went too far. Our event is in the large pavilion. If you are coming from Catasauqua, take Race Street east to traffic light at Willow Brook Road, turn left. Go north for 1.5 miles.

PARKING on location. If parking lot gets full (or if you want more exercise), leave park, turn right (north) onto Willow Brook Rd., go to first road on right, E. Bullshead Rd. Turn onto E. Bullshead and go about a half mile. Park in that lot and take walkway under E. Bullshead to the main park on Willow Brook Rd.

CONTACT INFORMATION Race Director: Connie Biver Yaquib, connie.yaquib@gmail.com

NAMI Lehigh Valley, a 501c(3) nonprofit, provides free education and support groups for individuals with mental illness and their families. <https://www.nami-lv.org/>

Race/Walk website, registration, volunteer signup & donations accepted:
bit.ly/namilv5k

**THANK YOU TO OUR
5K Race & Walk
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