

5K + 10K + HALF + KIDS RUN

OCTOBER 14-16, 2016

BETHLEHEM, PENNSYLVANIA

REGISTER ➔

St. Luke's University Health Network and Runner's World Partner for the 2016 Annual Runner's World Half and Festival

This October 14-16, join us for a fun-filled weekend with several races, live music, meals with the editors & seminars. [Events will include:](#)

3.8 Mile Trail Run
Kids Races
(2-5 yrs old: 1/4 mile, 6-8 yrs old: 1/2 mile, 9-12 yrs old: 1 mile)
Runner's World 5K
Runner's World 10K
Runner's World 1-Mile Dog Run
Runner's World Half Marathon

St. Luke's *Caring Starts with You Program* encourages employees of all fitness levels to come out and join the fun!

- Never signed up for a race event before? You've got plenty of time to grab some friends, get moving, and walk this event. There's even a prize for the team with the Most 1st Timers!!
- Walked before, but ready for a challenge? Try training to jog your first 5K!
- Done a 5K or two, and ready to step up? How about running your first half?
- Already a runner? Try the Hat Trick (5K, 10K and Half Marathon) or the Grand Slam (Trail Run, 5K, 10K and half marathon).

Pick Your Team.

Train up.

Be recognized.

- 1) **Biggest Team:** Love a crowd? This prize is for you. Build the BIGGEST team you can to earn this award.
- 2) **Fastest Team:** Calling all speed demons...zoom across the finish line with the best time to win this honor.
- 3) **Most 1st Timers:** Is this your "first race ever"? Grab a group of newbies, and get moving!
- 4) **Fantastic Fundraising:** Do a bang up job at raising bucks for a cause, and be recognized for your efforts.
- 5) **St. Luke's Most Spirited:** Who says exercise can't be fun?? (Especially if you dress the part!) Make your outfits funny, witty, or smart and earn this title for your team.

Added bonuses for your participation:

- ◆ A free t-shirt, to wear with St. Luke's Pride while you train, and beyond.
- ◆ Customized [training manuals](#), specific to your fitness level. Whether you're a first time walker or ready for a hat trick, there is a personalized [training plan](#) for you.
- ◆ A drawing of **10 FREE** race entries will be selected from all SLUHN employees who register by **September 15th**.
- ◆ 5 SLUHN teams will be recognized (categories at right of page).

Make sure to select/designate your team when you register at <http://rw.runnersworld.com/rwhalf/>

Teams should be named by SLUHN, then campus, then department/team name

First check to see if the team has already been created. If so, join it! If not, make it, and tell your teammates to join.

For more information, please contact Employee Wellness
at 484-526-2284 or EmployeeWellness@SLUHN.ORG.

