

# Lock Haven University

Official Release

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## LHU Homecoming 5K Run/Walk promises fun for all ages

Members of the community are invited to participate in the Twelfth Annual Lock Haven University Homecoming 5K Run/Walk, which will be held on Saturday, October 22 at 9:00 a.m., rain or shine. Events include a 5K Run, a 5K Walk and a Kids' Fun Run.

Awards will be presented in several categories. For the 5K Run, awards will be presented to the Top Male and Female Overall. Awards for the 5K Run will also include 9 age groups: 19 and under, 20-24, 25-29, 30-39, 40-44, 45-49, 50-54, 55-59, and 60 and over. For the 5K Walk, awards will be presented to the Top Three Male and Female Overall. The children's Fun/Run will take place at the conclusion of the 5K race and all finishers will receive awards.

T-shirts are guaranteed to the first 100 registered.

Participants may register in advance or on the day of the race. For more information and registration forms, contact Aaron M. Russell, LHU Head Men's and Women's Cross Country Coach Head Men's and Women's Track & Field Coach (Track Events) at [arussell@lhup.edu](mailto:arussell@lhup.edu) or Mary Ellen Stern at 570-484-2261 ([mstern@palandforsale.com](mailto:mstern@palandforsale.com)).

Registration fee is \$15.00 before October 9 and \$20 on or after October 9. All proceeds will benefit Lock Haven University's Men's and Women's Indoor and Outdoor Track and Field, and Men's and Women's Cross Country.

Registration on the day of the race will begin at 7:30 a.m. at lower-level entrance of the PUB near the railroad tracks.

The 5K Run/Walk begins and finishes on the Levee behind the Durrwachter Alumni Center. Water and finish-line refreshments will be available.

This is the twelfth anniversary of the event. It started as a cooperative effort between the alumni relations office and the Susquehanna Pacers, a local running club. After two years it was managed solely by the Susquehanna Pacers, and for the last seven years has been conducted by the LHU cross country and track & field teams. Mark and Mary Stern have

been major organizers of the event since its inception, being founding members of the Susquehanna Pacers and continuing to do much of the leg work today. They have also been the event's major sponsor for the past decade. Mark Stern is a past member of the Lock Haven University Foundation Board.

Coach Russell praised the annual Homecoming 5km Walk/Run as a way to connect participants with Lock Haven's natural beauty. He says, "The Homecoming 5km Walk/Run is such a great event. It allows runners and walkers, both competitive and recreational, the chance to experience Lock Haven's picturesque levee, which I feel is one of its greatest treasures. Nothing is more inspiring than a jaunt along the river in the crisp fall air."

This year, the event has an added feature. "We have the honor of hosting this year's PSAC Cross Country championships at our course across the river on the same day," he says. Hosting the championships "provides alums and running enthusiasts a great opportunity to participate in the 5km in the morning (9:00 a.m.), and then make their way over to the course to watch two very competitive races at 10:45 a.m. and 11:30 a.m."

Russell summed up the annual 5K Run/Walk by saying, "You can't ask for a more beautiful setting, and all the participants--runners and walkers alike—finish with a smile."

Lock Haven University is a member of the Pennsylvania State System of Higher Education (PASSHE), the largest provider of higher education in the commonwealth. Its 14 universities offer more than 250 degree and certificate programs in more than 120 areas of study. Nearly 405,000 system alumni live and work in Pennsylvania.

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