

4TH ANNUAL | OSTOMY 5K | OCTOBER 14, 2023

EAST STROUDSBURG RUN FOR RESILIENCE

 **Dansbury Park**
15 Day Street
East Stroudsburg, PA 18301



SATURDAY, OCTOBER 14, 2023

The 4th East Stroudsburg, PA Run for Resilience Ostomy 5k will be held on Saturday, October 14, 2023 in celebration of Ostomy Awareness Day. This is a family friendly event and includes the 5k walk and run event as well as a "Kids Fun Run" so bring your entire family! All proceeds benefit United Ostomy Associations of America, Inc. (UOAA) a non-profit 501(c)(3) charitable organization. Donations are tax deductible. Please visit www.ostomy.org for more information.

RACE DAY SCHEDULE: This Certified Timed Run will be held at the Levee Loop Trail in Dansbury Park located at 15 Day Street in East Stroudsburg. The Levee Loop Trail is a 4.5-mile trail that connects East Stroudsburg and Stroudsburg and follows the flood levee along scenic Brodhead Creek. All finishers will receive a certificate of completion with their name and official race time to celebrate their success! Prizes will be awarded to the top Male and top Female Overall Finishers, top M/F in each age group, as well as to the top Male and Female Ostomates.

- >> 8:00 AM Registration & Packet-Pickup
- >> 9:00 AM 5K Run/Walk Start
- >> 9:45 AM Kid's Fun Run Start
- >> 10:30 AM Awards Ceremony



For Complete Details and to Register,
Donate and/or Fundraise, Please Visit:

RUNSIGNUP.COM/PAOSTOMY5K

REGISTER BY SEPT. 13TH AND SAVE \$5!

All event registrations and donations benefit UOAA, a 501(C)(3) charitable organization.
Contact us at 5kregistration@ostomy.org or 800-826-0826 with questions or for sponsorship information.