

About the Event

The Kelly Golat Memorial Run was created in 2003 and is now in its 14th year. We'd like to thank all the runners & volunteers that have made these events a success. Together we have raised for melanoma research & organized an annual scholarship in the name of Kelly Golat at Notre Dame High School.

Kelly was diagnosed with cancer at the age of 23 - malignant melanoma. She fought for 18 months and, at the age of 24, passed away from this deadly disease. She was an avid runner, writer, traveler, and a huge Neil Diamond fan! Kelly was a daughter, a sister, a friend, and most importantly a source of inspiration to everyone she met.

Having been an avid runner herself, Kelly had discussed the possibility of organizing a run to raise money for melanoma research. Kelly was not with us to see this dream come true, but her family and friends continue to help her dream remain a reality.



Directions

Address
60 Spangengurg Avenue
East Stroudsburg, PA 18301

From Interstate-80 (East & West):
Take the Marshalls Creek exit #309. At the first traffic light, make a left onto Rt. 447 N. Make your first (immediate) left onto Brown Street (there is no sign). Follow this road up the hill approximately 0.9 miles and then make a right onto Smith Street. Go through the four way stop sign, pass the ESU library on your right, pass Mary Street, pass Spangenburg Avenue and then make your next right. You will see the sign for Notre Dame Middle/High School (this will be your last right before the road bears to the left). Follow the driveway up the hill to the parking lot.

Parking:

All participants should park in the High School parking lot. The Middle School lot will be closed for the event.

Event Sponsors

Notre Dame Middle & High School
St. Matthew's Parish | St. Luke's Parish
Gary in the Morning | West End Printing
Moritz Embroidery Works | Small & Sons Ins.
Blue Morning Landscapes | One Stop Exxon
Stroudsmoor Inn | Pocono Pub | Deerfield Spa
Raven Entertainment | Pocono Produce Co.

Run4Kelly

October 1, 2016



www.run4kelly.com

The Kelly Golat Memorial Run

East Stroudsburg, Pennsylvania

Information

The Kelly Golat Memorial Run will take place on Saturday, October 1, 2016. Runners will depart from and return to the Notre Dame Middle & High School parking lot in East Stroudsburg, PA. The race will run through East Stroudsburg University's campus and downtown East Stroudsburg. A course map is available on the event website at <http://www.run4kelly.com>.

Registrants may choose to participate in the:
5K Run/Race
5K Walk
1-mile Family Fun Walk

Check-in and on-site registration for all events will be at 8:30 AM in the Notre Dame Middle School Auditorium.

The 5K Run/Race will begin at 10:00 AM.

The 5K Walk and 1-mile Family Fun Walk will begin immediately after the runners depart.

Register NOW!

Registration

Early Registration (\$25.00)

ONLINE: visit <http://www.run4kelly.com>

MAIL: Complete this form and mail with registration fee to:

The Kelly Golat Memorial Run (c/o Kristen McCree)
119 Turkey Ridge Drive, Kunkletown PA 18058

*registration and payment must be received by September 24, 2016

*checks payable to The Kelly Golat Memorial Run

ONSITE (\$30.00): Bring this registration form and payment to the race on race day.

*checks payable to The Kelly Golat Memorial Run

*T-shirts are not included with onsite registration, but will be available for for an additional \$10.

Name: (last, first): _____

Address: _____

Email: _____

Age: _____

EVENT

____ 5K Run

____ 5K Walk

____ 1-mile Walk

Name	Address	Amount

I know that running is a potentially hazardous activity and I should not enter & run unless I'm medically able & properly trained. I assume all risk associated with running this event including but not limited to falls, contact with other participants, the effect of the weather, traffic, other conditions of the course & all such risks being known to me. Having read this & knowing these facts & in consideration of accepting my entry, I, myself & anyone entitled to act on my behalf, waive & release the Kelly Golat Memorial Run, Notre Dame HS, East Stroudsburg, East Stroudsburg University, all chairpersons, race volunteers, sponsors, their employees, representatives & successors from any claims & liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I grant to all foregoing, the right to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature: _____

*all registrants under 18 years of age require the signature of a parent or guardian.