



**Racing for a cause:  
The Kathryn  
M. Freeman  
Race for  
Ovarian  
Cancer**





**Kathryn M. Freeman Race For Ovarian Cancer** ([kmfraceforovariancancer.com](http://kmfraceforovariancancer.com)), sponsored by Jersey Shore State Bank, took place on Nov. 2, in South Williamsport.

The event was created in memory of Kathryn Freeman, a longtime resident of the Williamsport area, who passed away from ovarian cancer in January 2010.

One hundred and thirty one half marathoners started in South Williamsport Community Park and ran along the Susquehanna River Walk, through South Williamsport, Williamsport and Loyalsock Township.

In addition to the half marathon, the event hosted a 5-mile walk with approximately 30 participants.

Stephen Hine, of Philadelphia, was the first male finisher, with a time of 1:17:41.14, followed by Tyler Welsh, of Washingtonville, at 1:20:07.31 and JT Thomas, of Stewartstown, at 1:22:33.82.

Tamara Pavlov, of Lewisburg, topped the women's field for the second year in a row, finishing at 1:27:28.45. In second, Heather Welsh, of Washingtonville, finished

with a time of 1:29:37.66, followed by Julie Pentico, of Williamsport, with a time of 1:34:02.61.

The event was fortunate enough to have two ovarian cancer survivors participate in the 5-mile River Walk.

Rita Irish, of Broadview Heights, Ohio, and Georgena Smith, of Danville, came out and demonstrated their resilience, bringing their ovarian cancer battles to the attention of the Susquehanna Valley. Irish made the trip from Ohio for the 2011 and 2012 race as well, as there are not any events dedicated to ovarian cancer in her area.

Many race participants walked or ran in honor of not only these women, but also loved ones fighting ovarian cancer or loved ones who lost their fight with the disease. All race participants and volunteers received shirts that displayed the names of women affected by the disease.

Race organizers were pleased with the increase in race volunteers for the 2013 race. Students from Loyalsock Township High School and South Williamsport Area High School, as well as many other area residents demonstrated their commitment

to community service, dedicating their Saturday to supporting and encouraging participants.

Many ovarian cancer symptoms are vague and go undiagnosed or misdiagnosed, allowing for the cancer to reach advanced stages. As there is not a reliable screening test, it is important that women are aware of the symptoms, so they can have informed conversations with their doctors. Race organizers want women to know that they cannot take a back seat when it comes to their health. They should be aware of their bodies and encourage more forums to discuss health issues.

Proceeds from the race benefitted the Susquehanna Health Foundation. Participants set up fundraising pages that raised money for Susquehanna Health Foundation on behalf of their Spirit of Women program, which empowers women to take charge of their own health.

The 2012 race raised more than \$17,500. Race organizers are still tallying fundraising efforts from this year's race, but they hope to build on last year's efforts and continue their collaboration with Susquehanna Health.