

# Webb

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# WHEELS

## Race to Honor Beloved Friend

By Jeffrey Allen Federowicz

**O**n September 24 a dual marathon and walk will unfold around the greater Williamsport area held to honor a beloved friend and co-worker while helping to raise awareness on ovarian cancer.

"The event will let women 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," said Kim Freeman, event organizer. "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."

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.

The activities will kick off September

24, at 8 a.m. at the Three Springs Farm, 2026 Bloominggrove Road when the 13.1 mile half marathon will proceed down Bloominggrove Road into the city to Gramplan Boulevard and over to Northway Road Extension before returning back to Three Springs Farm.

The 3-mile walk will wind its way through Three Springs Farm and, making it more of a walk as opposed to a road race.

Registration fees will go to the Ovarian Cancer National Alliance that advances the interests of women with ovarian cancer by advocating at a national level for increases in research funding for the development of an early detection test, improved health care practices, and life-saving treatment protocols.

For an event of this size, many volunteers are needed to make sure the race goes off without a stumble.

"We need lots of volunteers! I need volunteers for the water stations, for directing runners where to turn, for helping people park and for

registration," she said. "There will not be any race day registration. They (participants) may mail in their registration forms by completing the register online at <http://www.active.com/running/williamsport-pa/kathryn-m-freeman-race-for-ovarian-cancer-2011>

Both the registration and volunteer forms can also be found on the race website."

Registrants of the event, will receive race t-shirts in addition to being invited to the Cell Block for a post-race party with free food and

entertainment by local bands.

Prizes will also be awarded to the top 3 male and female finishers in both the half and 3-mile.

Organizers are hoping as many people as possible will take part in the event not only to help raise funds and awareness for ovarian cancer, but also to honor a beloved friend who passed away from this form of cancer.

A journey of a thousand miles begins with one step, so too does finding a cure for cancer and drawing awareness to the important cause.

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