



# Together we are Stronger

## 2017 Walk Listings



\* - denotes a PinnacleHealth sponsored event  
# - denotes an employee-led event

Please remember, employees no longer earn wellness points for participating in walks/runs/rides. However, participation is an optional activity that helps you earn your wellness rewards for next year.

[CLICK HERE TO ORDER YOUR T-SHIRT](#)

Saturday, May 6

### Girls on the Run\*

**Benefits:** Young girls of the Capital Area

**Team Captain:** [Kelly McCall](#)

**To Register:** <http://bit.ly/2nC9Tod>

**Location:** Hersheypark Stadium

**Time:** 6 a.m., pre-race activities begin  
7:30 a.m. race begins

**Notes:** [www.capareagirlsontherun.org](http://www.capareagirlsontherun.org)

Friday and Saturday, May 12-13

### Relay for Life#

**Benefits:** American Cancer Society

**Team Captain:** [Oneida DeLuca](#) and [Traci Ocker](#)

**To Register:** <http://bit.ly/2oRDYQI>

**Location:** Cedar Crest High School  
115 E Evergreen Rd, Lebanon, PA

**Time:** 4pm on Friday to 4pm on Saturday

**Cost:** No cost, but fundraising appreciated.

**Notes:** For more info, please contact one of the captains listed above via Outlook. The links are live.

Saturday, May 20

### Highmark Walk for a Healthy Community#

**Benefits:** The Capital Area Therapeutic Riding Association (CATRA)

**Team Captain:** [Robin Helm, 221-6229](#)

**To Register:** <http://bit.ly/2o6djmm>

**Team PinnaclePrancers**

**Location:** HACC, 1 HACC Drive, Harrisburg

**Time:** 9- 11 a.m.

**Cost:** FREE to register, yet donations are graciously accepted

**Notes:** CATRA is one of 47 non-profit health and human service agencies participating in this fundraising event. Highmark underwrites 100% of this event so that all donations raised by each participating non-profit stay with it. Through a volunteer force, CATRA's mission is to provide therapeutic horseback riding therapy to differently-abled residents in Central PA of all ages and abilities regardless of their ability to pay. CATRA's participation in the Highmark Walk will assist in covering the care of our specially trained therapy horses- miniature and large. The event will feature entertainment, games, health screening, refreshments, prizes and a 5K walk at 9:00 a.m. around the HACC campus. A 1-mile fun walk will begin at 9:15. Runners who want to participate in a non-timed run start at 8:45 a.m. Can't make this event? Virtual walkers are welcome to register and participate from a virtual location and time. Dogs on leashes are welcome!

# Together we are Stronger



## 2017 Walk Listings

\* - denotes a PinnacleHealth sponsored event

# - denotes an employee-led event

Wednesday, June 14

### Harrisburg Pasta Run\*

**Benefits:** American Lung Association of Pennsylvania

**Team Captain:** [Clarke Woods](#)

**To Register:** <http://bit.ly/2p3M78j>

**Location:** City Island, Harrisburg

**Time:**

4:30 p.m. registration

6 p.m. Kids Noodle run begins

6:30 p.m. 5K race begins

**Cost:** No cost, but fundraising appreciated.

**Notes:** Following the completion of the 5K race, a pasta dinner will be served to all registered 5K and Noodle runners. Family and friends are welcome to join us for a \$5 meal fee. Click [here](#) for more information.

Sunday, September 10

### Turn Up the Volume on Ovarian Cancer\*

**Benefits:** Friends of Glenda Hooper-Macut

**Team Captain:** [Marci Osborne](#)

**To Register:**

<http://turnupthevolumeonovariancancer.webs.com>

**Location:** HACC Community College

One HACC Drive, Harrisburg, PA 17110

**Time:**

12:00 p.m.-1:30 p.m. - Registration

12:30 p.m.-1:00 p.m. Groups & Survivors Pictures

1:00 p.m. - Speakers

1:45 p.m. -Run begins

2:15 p.m.-Walk begins

**Cost:** No cost, but fundraising appreciated.

**Notes:** Please see flyer attached [here](#).

Friday, September 22

### ZERO Prostate Cancer 5K Run/Walk/Kids Dash\*

**Sponsored by:** Urology of Central PA

**Team Captain:**

**To Register:**

[www.zeroprostatecancerrun.org](http://www.zeroprostatecancerrun.org)

**Location:** City Island, Harrisburg

**Time:** 6 p.m.

**Cost:** For detailed information, go to

<http://bit.ly/2oLcBL6>