



15TH ANNUAL

ROCK N' RUN

May 9, 2026

Hello, Rock N' Run Runners, Walkers, and Volunteers!

We are so thrilled you will be joining us for this special 15th Anniversary of the Rock N' Run. Below, you'll find important details about the race including where to park, options for race packet pickup, and more. These details will also be on the event website at www.rocknrun4kids.com.

Thank you for supporting children impacted by foster care!

Event Details

15th Annual Rock N Run4 Kids—5 Mile, 5K & Kids' Fun Run

May is National Foster Care Awareness Month, and this event is a fundraiser to help The Salvation Army provide services to local children in foster care. This event is rain or shine. Feel free to run or walk the course.



Packet Pick-Up

Early Packet Pick Up – Friday, May 8th from 4:00 – 7:00pm

The Salvation Army Children's Services Office (2200 Hamilton Street, Suite 200 Allentown PA 18104; (610) 821-7706). Skip the lines on race day! You will be assigned your bib and checked in at early pick up, so there's no need to report to the registration table the morning of the races.

Race day Pick Up - Saturday, May 9, Coca Cola Park, opens at 7:30 AM at Registration Table. Unless you pick up the day before, you must come to the registration table to get your bib and get checked in before your race.



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Event T-Shirts

If you registered for a virtual event and paid for shipping, your shirt will be shipped the week of 5/11.

All shirts that are not picked up by end of the races on 5/9 will be offered to other participants who did not get a shirt.

Parking



Please arrive early and give yourself plenty of time to park. Be cautious of runners warming up in and around the park. Please follow the event parking signs to the designated parking lot. There will be no parking in front of the stadium or behind the stadium - ALL CARS MUST BE PARKED IN THE LOT ACROSS IRONPIGS WAY.

If you must leave early before the finish of the race, it is highly recommended you park along Union Boulevard or along Fenwick or Highland Street for early access otherwise you must wait until the parking attendant can guide you safely around any runners in the park to exit only on Union Boulevard.

For safety reasons, American Parkway, Long Drive and Union Blvd. entrances will be closed by 8:50 am so please arrive early!



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Location, Location, Location

Please enter Coca-Cola Park at the West Gate. Look for the colored balloons to lead you to key areas at the event:

- Volunteer check in/information Table: **Red** Balloons
- Registration/Runner Check-In: **Blue** Balloons
- Starting Line entrance: **Green** Balloons: When it's time to head to the starting line for your event, look for the green balloons at Section 105/106. In case of rain, listen for announcements in the stadium for location of the starting line.
- Food/Drinks: **Purple** Balloons: Grab some water and healthy post-race snacks
- Awards Ceremony: **Yellow** Balloons: The awards ceremony will be held out on TD Plaza but may move under the concourse if it rains.

Have a stroller? To access the starting line with a stroller, please use the elevators across from the Volunteer Table (Red Balloons). Please listen for announcements on when those with strollers should head to the starting line and allow a few extra minutes.



Did you know?

May is National Foster Care Month

By being part of the Rock N' Run you are helping to:

- Give children entering foster care a safe place to land.
- Provide families with trauma-informed training and support.
- Find foster families who can keep siblings together.
- Build bridges of trust and connection between birth families and foster families, helping children in care feel safe and whole
- Equip families with Care Communities who provide practical help like babysitting, rides, and childcare - preventing burnout and keeping families strong.
- Provide children with trauma-informed therapeutic programs that focus on each child's unique journey toward healing.
- **Change the outcome of children's lives**



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Racecourse Safety

Please be cautious on your return run as you enter the course behind Executive Education Charter School the course will have some vehicle traffic on the other side of the running lane, please stay in the running lane on the left side of Long Drive as directed.

Also, please be careful coming back into the stadium at the end of the race. Be careful as you enter the Left Field gate, as you will be transitioning from blacktop to a dirt surface.



Event Schedule

Kid's Fun Run

8:10 a.m. Meet at the Kids Fun Run sign and green balloons near section 105/106 on the concourse

8:20 AM: Warm up led by FERROUS and other mascots

8:30 AM: Fun Run Begins

After the finish, kids should head to the kids' activities area for awards and more fun!

5K/ 5-Miler

8:45 AM Report to the starting line (enter by the green balloons)

9:00 a.m. 5 Mile race begins

9:05 a.m. 5K race begins

10:15-11:00 a.m. Awards following the race

Post Race Fun: Enjoy Live music in the ballpark and lots of fun kid activities!



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Awards

Awards will be given to the top men's and women's overall finishers and top masters for the 5 Mile and 5K events, as well as the top 3 finishers for each event in age categories (in 5 year increments) starting at 14 and under and up to 70+.

Our Team Spirit award will be given to the team with the largest number of members. So far we have a record number of teams so keep on recruiting to win this awesome award!

During our awards, we will also be announcing the winners of the event raffles so stick around in case your name is called! Everyone who makes a donation on our website by 5/12 is automatically entered into a special raffle drawing. All donations will be used to provide sports and activity scholarships to local kids in foster care.

Important

To ensure the continued success of the Lehigh Valley IronPigs, no one is allowed on the infield at any time, and we appreciate your cooperation. In case of inclement weather, the IronPigs reserve the right to close the warning track. In the case of a warning track closure, the race's finish area will be inside the stadium along the concourse.

THANK YOU FOR BEING A PART OF
THE ROCK N' RUN!



FOSTER *care.*
& ADOPTION

The Rock N' Run is held each year in May in honor of National Foster Care Month. The need for families for children in foster care in our community is urgent. Any person or couple over age 21 who can meet the requirements and provide a caring, safe, and stable home to a child is welcome to apply to become a foster or adoptive family with our agency. Please visit care4kids.net or email angie.gillen@use.salvationarmy.org to learn more