

# **RUNNING** **RUNnemedes** **24 HOURS**



LUKE THE BRAVE



WARRIOR PRINCESS  
EMILY



SUPER SHAWN

## **EVENT RUNDOWN**

**SATURDAY MAY 3<sup>RD</sup> @ 10AM -**  
**SUNDAY MAY 4<sup>TH</sup> @ 10AM**



### **WARM UP WITH WHIP**

9AM @ Super Shawn Cope's House / Address



### **GO TIME: MR WHIPPLE STARTS RUNNING**

10AM Facebook/instagram Live @ <https://givebutter.com/RUNNEMEDE>



### **24HR OF FREESTYLE RUNNING**

Come join Mr Whipple as he runs every street in RUNnemedes.  
Track his location @ garmin tracker link



### **THE LUKE SILVESTRE FOUNDATION TOURNAMENT**

Visit the Luke Silvestre Foundation Baseball Tournament @ Baseball Field



### **LIVE STREAM**

2PM Facebook/instagram Live @ <https://givebutter.com/RUNNEMEDE>



### **CELEBRATE #497 ON LIVE STREAM**

6:17PM Shawn is the 497th cancer survivor child @ CHOP-Children's Hospital of Pennsylvania. Come celebrate at 497 mins (8hrs & 17mins) into their run.  
Facebook/instagram Live @ <https://givebutter.com/RUNNEMEDE>



### **GO TIME: MR WHIPPLE STARTS RUNNING**

10 PM Facebook/instagram Live @ <https://givebutter.com/RUNNEMEDE>



### **FINISH LINE**

10AM Sunday: Come celebrate this remarkable achievement  
Facebook/instagram Live @ <https://givebutter.com/RUNNEMEDE>

Luke  
Silvestre  
Foundation



**KICKcancer**  
**MOVEMENT**  
LIVE WELL FEEL GOOD CHOOSE JOY

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**10am start at Shawn Cope's house.**

**Goal is to reach 100miler...def rockstar status for Shawn.**

**Who Will Win The Ice Cream Party?**

**Kids who join Mr Whip will give him tickets with their homeroom number on it...the class who gives the most tickets, wins an ice cream party.**

**Please Leave Your Porch Lights**

**As a show of love to Shawn Luke and Emily, please leave your porch lights on for us as we run.  
Blinking holiday lights are even better!**

**The Luke Silvestre Foundation Baseball Tournament**

**Chris will run by the Baseball Fields to support the tournament!**

**The Garmin live tracker**

**Insta Live stream @ 10 AM and then every 4 hours.**

**497 Instagram /Facebook LIVE**

**Shawn is the 497th cancer survivor child @ CHOP- Children's Hospital of Pennsylvania. Chris will celebrate this at 497 mins (8hrs & 17mins) into their run.**

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