

JOHN H.  
**HARMON**  
**5K** for  
PULMONARY  
FIBROSIS



OCT. 1  
2022

www.harmon5k.com



Join us for the 14th Annual John H. Harmon  
Memorial 5k Run/Walk on Saturday,  
October 1 at 10:00 am.

**For more info about the 5k or to  
secure a sponsorship...**

Visit [www.harmon5k.com](http://www.harmon5k.com) or contact Bonnie Harmon at  
717-658-2425 or [bonnieharmon32@yahoo.com](mailto:bonnieharmon32@yahoo.com).



Become a Sponsor!

**Race Sponsor - \$1,000 (two available)**

- Logo on Race website
- Logo on Race T-shirt
- 8 entries in 5k (includes 8 T-shirts)

**Why We Run/Walk**

In August 2003, we lost our husband and father to interstitial lung disease. We have also lost friends and family members to emphysema, pneumonia and COPD as well as have seen others suffer with cystic fibrosis. In memory of our husband/father and our other family members and friends and in honor of all those fighting lung diseases we organize the John H Harmon Memorial 5k to raise funds for lung research and patient/family support. Our dream is that no one should ever suffer the losses we have.

**Mile Marker Sponsor - \$500 (two available)**

- Logo on sponsor page of the Race website
- Logo on Race T-shirt
- 4 Entries in 5k (includes 4 T-shirts)

**Prize Sponsor - \$500**

- Logo on sponsor page of the Race website
- Logo on Race T-shirt
- 4 Entries in 5k (includes 4 T-shirts)

**Healthy Lung's Sponsor - \$250**

- Logo on sponsor page of the Race website
- Company name on Race T-shirt
- 2 Entries in 5k (includes T-shirts)

**Supporting Sponsor - \$100**

- Company name on sponsor page of the Race website
- Company name on Race T-shirt
- 2 Entries in 5k (includes T-shirts)

Business/Organization Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_ Contact Name \_\_\_\_\_ Email \_\_\_\_\_

Sponsorship Level: \_\_\_\_\_ Check Enclosed \_\_\_\_\_ Invoice Me \_\_\_\_\_

Make checks payable to Healthy Communities Partnership  
Mail to John H Harmon Memorial Run/Walk  
219 Woodvale Drive, Chambersburg, Pa 17201  
(Deadline to be included in advertising Sept. 1)

# JOHN H. HARMON MEMORIAL 5K RUN/ WALK



OCT. 1  
2022



Join us for the 14th Annual  
John H. Harmon Memorial  
5k Run/Walk on Saturday,  
October 1.



## Race Schedule:

- 8 AM Registration in front of Jennings Body Shop  
251 Grant Street, Chambersburg, PA
- 10 AM Harmon Memorial 5k Run/Walk

## Why We Run/Walk

In August 2003, we lost our husband and father to interstitial lung disease. We have also lost friends and family members to emphysema, pneumonia and COPD as well as have seen others suffer with cystic fibrosis. Through this we now realize how little is known about the lungs and how much research is needed. Thus In memory of our husband/father and our other family members and friends and in honor of all those fighting lung diseases we organize the John H Harmon Memorial 5k to raise funds for lung research and patient/family support. We ask that you take a breath and participate in our walk or donate to the Pennsylvania State University Milton S. Hershey Medical Center for Lung Research. Our dream is that no one should ever suffer the losses we have.

## For more info about the 5k...

Visit [www.harmon5k.com](http://www.harmon5k.com) or contact  
Bonnie Harmon at 717-658-2425 or  
[bonnieharmon32@yahoo.com](mailto:bonnieharmon32@yahoo.com).



Registration available online at [www.timberhilltiming.com](http://www.timberhilltiming.com) or call 717-658-2425 for more information.