



5K Walk, Run, Roll, Stroll November 17, 2024—Sunday Eisenhower Park, East Meadow, NY

Moving Forward With You. Funds raised will go towards the MOVE (Mobility Opportunities Via Education/Experience) Program for children and adult participants here. This program is changing lives as it provides the opportunity for individuals who require a wheelchair, to stand, take steps and even dance and run!

JOIN US AT EISENHOWER PARK!

Participants can run, walk, roll or stroll the 3.1 mile distance. Check-in at event table starts at 7:30 am, the race begins at 8:30 am. (Sorry, no pets allowed)

There are three ways to participate, please consider at least one, maybe all!

Participant: Register to do the 5K and commit to raising at least \$200

Donor: Contribute to the fundraising efforts of an individual doing the 5K and help them reach the \$200 goal required to participate

Sponsor: Event sponsorship of this 5K event is a great way to associate your company with a great cause.



Registration Period—September 6—Nov 16, 2024

Throughout this period, we will provide updates along with some training/ motivational tips Check our website and Facebook page often!

All registrants who meet requirements will receive a custom t-shirt and medal.



Assistance and Support

Pat Quinn in the Development Dept. is available to assist you with questions you may have. Contact Pat at (pquinn@cpnassau.org) or 516 -378-2000 x355



<https://events.elitefeats.com/24cpnassau>



Click here to learn more, to register or to donate:



Check for updates on our CP Nassau 5K Facebook page at

<https://www.facebook.com/CPNassau5K/>