



**The BENCH 5K
Run/Walk for
Play Fit-Stay Fit!
Saturday, May 12, 2012**

Play Fit-Stay Fit! is a comprehensive wellness program for child survivors of cancer and their families that provides fitness, psychosocial, and nutritional support for the entire family. A portion of the money raised from the 2012 BENCH 5K will be used to create new **Play Fit-Stay Fit!** programs on the local and national level. **Play Fit-Stay Fit!** is part of the **SUNRISE FUND** at Stony Brook Long Island Children's Hospital and the many special programs that help the children and families affected by pediatric cancer. The Pediatric Oncology Department is the only pediatric oncology program on Long Island that is tied directly to a major research university.



COURSE: The 5K Run begins at **The BENCH Bar & Grill** proceeds west on Rt. 25A 1/4 mile before heading onto the rolling hills of Hawkins Rd. A right onto Main St. brings you into historic Stony Brook Village, and then a left onto Shore Rd. takes you past the Three Village Inn where you continue onto Sand St. running beside beautiful Stony Brook Harbor. The second half of the race takes you left up Christian Ave. then right onto Cedar St. back to **The BENCH**. Strollers are permitted on the course, but please—No Dogs!

Registration Form

Online registration is available at :

www.sunrisefund.org

Name (last) _____

(first) _____

Address _____

City _____ State _____ Zip _____

Telephone _____

Email _____

Age on race day _____ Male Female

Shirt size (XS— 2XL): _____

Please Check: 5K Run/Walk Fun Run/Walk

I am not interested in my official 5K time and understand that I won't receive a time chip.

Special Category (Check one—if applicable)

Wheelchair Athlete SBU/SBUMC Employee

Cancer Survivor Clydesdale (men 200+lbs,

Zipper women 160+ lbs.)

For mail-in registration, return signed registration form for each participant and check payable to **Stony Brook**

Foundation/PFSF to:

The BENCH 5K for Play Fit-Stay Fit!

c/o Ray McKenna, PT, PhD

HSC, SHTM, LV2, RM 420

Stony Brook, NY 11794-8201

Waiver: In signing this form for myself (or participant below if he or she is under 18), I understand that I agree to absolve Stony Brook University Hospital, the Town of Brookhaven, and all sponsors, be they individuals or organizations, singly, or collectively, of all blame for any injury, misadventure, harm, loss or inconvenience suffered in any or the activities associated with the said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event, and that my physical condition has been verified by a licensed Medical Doctor. I grant full permission for organizers to use my name, likeness or voice and photographs, videotapes, or quotations from me in accounts and promotions in any medium of this event.

Signature _____

Parent/Guardian _____

(if under 18 years of age)

new balance race tech tee and draw string backpack to the first 900!

Rain or Shine event!

Electronic timing & results

USATF Certified Course (NY11021JG)

New for 2012!!

Clydesdale, Zipper, Cancer Survivor, SBU/SBUMC employee divisions!!!

Meet local health & wellness experts



Entry Fee

On or before May 8th, register online at www.sunrisefund.org or by mail (postmarked by 5/8):

- \$25 for 5K Run (\$30 after May 8th on race day only)
- \$10 for 1K Fun Run (10 and under only)

Race Check-in & Packet Pick-Up

- Friday, May 11th: 4 – 8 PM at **Schwab's 2nd Wind** 1371 Rt. 25A East Setauket, NY 11733
- Saturday, May 12th: 7:30 – 8:45 AM at Stony Brook Train Station (SBU/LIRR commuter parking lot)

Post-Race Celebration

- Complimentary BEER provided by **Michelob Ultra** and food from **The BENCH** immediately following the race for all runners/walkers!
- Live Music!
- Great Raffle (running gear, gift certificates, etc.) and give-aways
- Awards Ceremony
 - Unique Awards for top 3 Overall Male and Female Runners
 - Top 3 Male and Female Runners in Ages: 14 and Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and over.
 - Top 3 Overall Male and Female Wheelchair Athletes, SBU/SBUMC Employees, Cancer Survivors, Clydesdales (men 200+lbs, women 160+lbs), Zipper (post open heart surgery)
 - Awards for all Fun Run participants

For more information contact:

Ray McKenna
raymond.mckenna@stonybrook.edu or
(631) 444-6169

Fourth Annual
The BENCH 5K
 Run/Walk
 to benefit
Play Fit-Stay Fit!



Saturday, May 12, 2012

Fun Run at 8:45 AM

5K Run/Walk at 9:30 AM

Stony Brook, New York



"Where being benched is enjoyable!"

1095 Rt. 25A Stony Brook
www.thebenchbar.com
631-675-1474



Stony Brook Children's
FROM YOUR LOCAL CHILDREN'S HOSPITAL

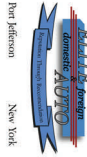
The BENCH 5K for Play Fit-Stay Fit!
 c/o Ray McKenna, PT, PhD
 HSC, SHTM, LV2, RM 420
 Stony Brook, NY 11794-8201

Hinck Electric
www.hinckelectric.com



Wells Fargo Advisors
 Richard Bucaro
 631-642-8918

Schmidt Painting
 631-732-6954



Brian J. McGinley
 Orthopedic Surgeon

RACE DAY PARKING

★ LIRR Commuter Lot on Rt 25A – LIE to Exit 62 (Nicolls Rd. - CR97) north to the end make left onto Rt. 25A proceed approximately ¼ mile to LIRR lot on the right.

★ LIRR Commuter Lot on the Stony Brook University Campus – LIE to (Nicolls Rd. - CR97) north to Stony Brook University North Entrance (just before LIRR train trestle),

★ make left then right at top of hill. Proceed approximately ½ mile to LIRR lot on the right. Use pedestrian overpass to cross the tracks.
NOTE: Race day registration and check-in is in this parking lot. NO parking permitted at The BENCH or surrounding stores.

