

LIFESTYLE / RECREATION

Seasonal runs, charity walks on Long Island



OCTOBER

POST OFFICE CAFE 5K RUN AND 1K FUN RUN. Post Office Cafe, 130 W. Main St., Babylon, mppsociety.org/events. Fun run 9:30 a.m. Benefits National MPS Society. Fee 5k \$25, \$30 after Oct. 7; 1k \$13, \$15 after Oct. 7. Date 10 a.m. Oct. 20.