

Newsday

FALL | WINTER 2018-19

\$6

FunBook





The Garden City Turkey Trot on Thanksgiving morning lets you burn off calories before digging into those turkey legs and mashed potatoes.

On your marks, get set . . .

OCTOBER

INWOOD 5K RUN. Inwood Park, Bayview Avenue, Inwood, 516-239-5405, inwood5k.com. Fun run and tot trot. Benefits college scholarships. **Fee** See website. **Date** 9 a.m. Oct. 7.

SAFE STREETS 5K. Jonathan L. Ielpi Firefighters Park, Grace Avenue, Great Neck, elitefeats.com. Raises awareness of distracted driving and pedestrian safety. **Fee** \$25, \$35 race day; \$10 fun run. **Date** 8:15 a.m. Oct. 7.

DIVAS HALF MARATHON, 5K. Eisenhower Park, 1899 Hempstead Tpke., East Meadow, 516-572-0348, runlikeadiva.com. 5k 7:45 a.m.; half-marathon 8:15 a.m. **Fee** See website. **Date** 7:45 a.m. Oct. 7.

STRONGER THAN CANCER 5K RUN/WALK. Sid Jacobson JCC, 300 Forest Dr., East Hills, 516-484-1545, stjcc.org/5k. Benefits Nancy Marx Cancer Wellness Center. **Fee** \$20 by Oct. 1, \$25 after. **Date** 9:30 a.m. Oct. 7.

PANCREATIC CANCER RESEARCH WALK. Field 5 at Jones Beach State Park, Wantagh, 516-737-1550, lustgarten.org. 1- and 3-mile walks, handicap and stroller accessible, no dogs. Benefits cancer research. **Fee** \$30, \$60 day of walk, \$15 younger than 15. **Date** 9:30 a.m. Oct. 7.

SHANA KAY MEMORIAL 5K RUN/WALK. Suffolk Y JCC, 74 Hauppauge Rd., Commack, 631-462-9800 x118, elitefeats.com. Benefits Shana Kay Day Care Scholarship Fund. **Fee** \$25, \$30 race day. **Date** 8:30 a.m. Oct. 7.

SOLES FOR ALL SOULS 5K RACE AND 2K WALK. All Souls Episcopal Church, 61 Main St., Stony Brook, 631-655-7798, active.com. Benefits preservation of historic church. Donate nonperishable food items, toiletries. **Fee** \$25, \$30 after Sept. 31; \$8 and younger \$10, \$15 after Sept. 31. **Date** 9 a.m. Oct. 7.

ADELPHI 5K RACE AND KIDS FUN RUN. Adelphi University, 1 South Ave., Garden City, 516-877-3603, events.adelphi.edu. Benefits Alice Brown Early Learning Center. Free fun run 8:30 a.m. **Fee** \$25, \$35 after Oct. 6; \$10 students. **Date** 9 a.m. Oct. 13.

OYSTER BAY SUPERVISOR'S 5K. Townsend Square Oyster Bay, 516-349-7646, glirc.org. **Fee** See

website. **Date** 9 a.m. Oct. 13.

EAST END 5K WALK FOR ALZHEIMER'S AND FALL FESTIVAL. Long Island Aquarium, 431 E. Main St., Riverhead, 631-820-8068, adrcinc.org/eastendwalk. Noon lunch. **Fee** See website. **Date** 11 a.m. Oct. 13.

HEART OF AN EAGLE 5K. Heckscher State Park, East Islip, elitefeats.com. Benefits veterans services. **Fee** \$35, \$40 Oct. 7-12, \$45 race day. **Date** 9 a.m. Oct. 13.

TITAN RUN 5K OBSTACLE RUN. Veterans Memorial Park, 5789 Middle Country Rd., Calverton, 516-531-3323, thetitanrun.com. **Fee** \$59, \$20 Tiny Titan ages 4-9. **Date** 9 a.m. Oct. 13.

WALKTOWER: A WALK FOR INCLUSION. Massapequa PAL, 510 Parkside Blvd., Massapequa, 631-254-1465 x4205, nysa.org. Benefits Special Olympics; register by Oct. 11. **Fee** Donation. **Date** 10:30 a.m. Oct. 13.

BIGFOOT 5-MILE DASH. Cathedral Pines County Park, Yaphank-Middle Island Road, Middle Island, nwsdy.li/bigfootdash. Benefits Lustgarten Foundation. **Fee** See website. **Date** 8 a.m. Oct. 14.

STEPPING STONES LIGHTHOUSE 5K. Steppingstone Park, Steppingstone Lane, Great Neck, eventpowerll.com. Benefits lighthouse. **Fee** \$25, \$30 after Oct. 12. **Date** 9 a.m. Oct. 14.

TIME STEPS GOLD COAST WALK FOR CROHN'S AND COLITIS. North Hempstead Beach Park, 175 W. Shore Rd., Port Washington, 516-222-5530, cctakesteps.org. **Fee** See website. **Date** 1 p.m. Oct. 14.

MICHAEL MICHELINI 5K FOR LLS. Town Hall, 655 Main St., Islip, cancersucks5k.com. Benefits Leukemia and Lymphoma Society. **Fee** \$30, \$40 race day; \$15 younger than 16, \$25 race day. **Date** 1 p.m. Oct. 14.

ANTHONY BOCCHINI/MEMORIAL SCHOLARSHIP FUND 5K RUN/WALK. Suffolk County Police Headquarters, 30 Yaphank Ave., Yaphank, 631-433-0539, elitefeats.com. **Fee** \$30, \$35 after Sept. 15; \$5 fun run. **Date** 9 a.m. Oct. 14.

FRED VON DER HEYDT 6-HOUR 60TH BIRTHDAY RUN. Sunken Meadow State Park, Kings Park, 516-349-7646, glirc.org. 2.1-mile trail loop; honors individuals born in 1958, all ages welcome. **Fee** \$45, \$50 race day. **Date** 8:30 a.m. Oct. 14.

VICTORIA TERENCE MEMORIAL 5K. Caumsett State Park, 25 Lloyd Harbor Rd., Lloyd Neck, 516-531-3323, nwsdy.li/elitefeats. Free fun run. **Fee** \$30, \$40 race day. **Date** 9:30 a.m. Oct. 14.

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

ROHKTOWERFEST TRIATHLON. Senior center, 299 Rosevale Ave., Ronkonkoma, ronkonkomafd.org. 5k run, 12-mile bike, 1 mile canoe/kayak. **Fee** \$85 after Sept. 1; \$10 for post-race activities on **Date** 8 a.m. Oct. 20.

SHELTER ISLAND FALL 5K/WALK. Crescent Beach, Shore Road off West Neck Road, Shelter Island, 631-774-9499, shelterislandfall5k.com. Benefits breast cancer causes. Free shuttle bus from Nort Ferry. **Fee** \$35, \$40 race day; \$15 ages 5-14, \$20 race day; free younger than 5. **Date** 11 a.m. Oct. 20.

GREENLAWN FIRE DEPARTMENT HALLOWEEN 5K. Middle school, 2 Oldfield Road, Greenlawn, nwsdy.li/halloween5k. Costumes welcome. **Fee** \$25, \$30 after Oct. 18; \$18 younger than 18, \$25 after Oct. 18. **Date** 8:45 a.m. Oct. 20.

RUNNING DEAD 5K RUN/WALK. Shorefront Park, Rider Avenue and Smith Street, Patchogue, elitefeats.com. Register as zombie or human; humans have head start and zombies collect flags. **Fee** \$25, \$30 race day. **Date** 4 p.m. Oct. 20.

NORTH PATCHOGUE FIRE DEPARTMENT 5K HEROES RUN. 33 Davidson Ave., North Patchogue, 631-475-1788 ext. 502, glirc.org. Benefits veterans scholarships, fire service. **Fee** \$20, \$25 race day; \$15 15 and younger. **Date** 9 a.m. Oct. 20.

LIGHT THE NIGHT 1.3-MILE WALK. Field 6A, Eisenhower Park, 1899 Hempstead Tpke., East Meadow, lightthenight.org/long-island, 631-370-7540. Benefits Leukemia and Lymphoma Society. **Fee** Free. **Date** 7 p.m. Oct. 20.