

Thank you for signing up for our 5K Run/Walk for a Cause to support our Parkinson's Programs at the Friedberg JCC. We are a warm, welcoming "home away from home", where people enjoy health, wellness, social and cultural enrichment. As an "all-inclusive" community center, we offer programs for people of all abilities, including those with Parkinson's Disease. We invite you to visit our Oceanside center and learn more about our facility and the many options available to you and your family.

Below are all the details for Sunday's event.

I am attaching a map of Baldwin Park which has the 5K race course marked. Our 5K event area is conveniently located close to the Administration building inside the park near the tennis courts and there is ample parking nearby. Washrooms are available in the Administration building, which will be open throughout the race.

May 7, 2023 - 9AM Start - Rain or Shine
BALDWIN PARK - 3232 Grand Ave. Baldwin, NY 11510

ABOUT

Friedberg JCC offers a wide variety of both physical and supportive programs for those with Parkinson's.

Our programs provide participants opportunities to exercise through boxing and Tai Chi classes, along with a range of lectures and support groups for those diagnosed and caregivers.

Our calendar of events offers the Parkinson's community a chance to connect and improve their health in a safe and supportive environment.

AMENITIES

T-Shirts for those registered early! Swag Bags, Fruit and Water

AWARDS

Top 3 M/F Overall

Top 1 M/F Age Groups: 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

BENEFICIARY

Proceeds from The Friedberg JCC Run for a Cause will support the Parkinson's Programs at the JCC. Thank you for your generosity.

BIB PICKUP

In Person:

Please see the event staff starting one hour before the event start time.

Virtual:

Your bib will be shipped to you. Please be sure you provide your shipping address while registering. If you don't get your bib in the mail, please use the live chat at [elitefeats.com](https://www.elitefeats.com)



COURSE

Flat, easy certified course all within Baldwin Park.
Join us immediately following the race for the awards ceremony at the finish line.
Check out the USATF Certified Course Map [HERE](#)

QUESTIONS

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RESULTS & PHOTOS

LIVE Online/Email/Text Results and FREE Video & Same-day finish line pics
Find Misc Photos on Facebook @elitefeats