



# VIRTUAL 5K Walk, Run, Roll, Stroll FOR THE HEROES 2020



**We are all in this together.** That statement has taken on new meaning this year as we endure the COVID-19 Pandemic. At the Cerebral Palsy Association of Nassau County, we have faced many difficulties and challenges. We say proudly that “heroes work here” because thanks to the dedication, skill and selflessness of so many staff members, the individuals with disabilities who live in the homes we run have been kept safe and well cared for. Teachers, therapists and others have worked hard and innovatively to maintain long-distance learning and offer therapies via telehealth for the children and adults with developmental disabilities we serve.

Our hearts are broken at the loss of some of the people we serve and co-workers as a result of the virus. We will never forget them and the difference they made in our world.

The 2020 CP Nassau 5K will be a VIRTUAL one. It will still be great exercise, it will be fun and it will help raise funds for CP Nassau. These funds will help with the astronomical expenses the Agency has incurred as a result of COVID-19.

**Chart your own course—literally!** Participants can run, walk, roll or stroll the 3.1 mile distance. In fact, do the 5K in any format you choose, anywhere you choose and on your own timeframe! Walking your dog counts!

Dedicate your efforts to a hero in your life, or to one of the heroes of CP Nassau. Complete your 5K and WE will give YOU a medal to present to YOUR hero!



**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 by November 1.
- 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—August 17—Nov 1, 2020**

November 1 would have been our date for the actual 5K. You can take a day, a week or a month to finish your 5K. We invite serious runners track their time and document it on the 5K site and a list of finish times will be posted after Nov 1. Throughout this period, we will provide updates, training and motivational tips and maybe even run a few fun contests! 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 CP Nassau Development Dept. is available to assist you with questions you may have. Contact Pat at ([pquinn@cpnassau.org](mailto:pquinn@cpnassau.org)) or 516-378-2000 ext 355.



**Click here to learn more, to register or to donate  
in support of a team or an individual.**

<http://runfortheheroes.everydayhero.do>



Check for updates on our 5K Facebook page at <https://www.facebook.com/CPNassau5K/>

