



"Where being benched is enjoyable!"

# The BENCH 5K Run/Walk & 1K Fun Run Saturday, May 8, 2010

The **SUNRISE FUND** supports the Stony Brook University Medical Center (SBUMC) Pediatric Oncology Department and the many special programs that help the children and families affected by pediatric cancer. The Pediatric



Oncology Department at SBUMC is the only pediatric oncology program on Long Island that is tied directly to a major research

university. **Our Little Heroes** is a support network providing emotional support, education and counseling to families of children with cancer.

**The School Re-entry Program** helps children with cancer return to school by addressing the psychological, medical, and educational needs. Partially supported by the Lance Armstrong Foundation, **Play Fit-Stay Fit!** is a comprehensive wellness program for child survivors of cancer and their families. These are just a few of the programs supported by the **SUNRISE FUND**:



**OUR  
LITTLE  
HEROES**

**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**.

## Registration Form

Online registration is available at :

[www.sunrisefund.org](http://www.sunrisefund.org)

Name (first) \_\_\_\_\_

(last) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Age on race day \_\_\_\_\_  Male  Female

Please Check:

5K Run/Walk  1K Fun Run/Walk

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

THE BENCH RACE  
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 18 or under) \_\_\_\_\_

## Commemorative T-Shirts guaranteed to all Pre-registrants!

Electronic timing & results by Just-In-Time!!!

### Registration Fees

On or before May 4th, register online at [www.sunrisefund.org](http://www.sunrisefund.org) or by mail (postmarked by 5/4):

• \$20 for 5K Run/Walk (\$25 after May 4th on race day only)

• \$10 for 1K Fun Run



### Race Check-in

• Saturday, May 8th: 7:30–8:45 AM at [The BENCH](#)

### Post-Race Celebration

• Complimentary BEER and food provided by [The BENCH](#) immediately following the race for all runners/walkers!

### Awards Ceremony

• 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.

• Medals for all Fun Run participants

If you can't make the race or just looking for more great fun and food!!!!

Return to [The BENCH](#) on Saturday night or on Sunday – Mother's Day when [The BENCH](#) will donate 10% of each lunch or dinner check to the Sunrise Fund. Bring mom for a great meal and help fight pediatric cancer!!!

For more information contact:

Ray McKenna  
[raymond.mckenna@stonybrook.edu](mailto:raymond.mckenna@stonybrook.edu) or  
(631) 444-6169

**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.



**Second Annual**  
**The BENCH**  
**5K Run/Walk**  
**and 1K Fun Run**  
*to benefit the*  
**SUNRISE FUND**  
**at Stony Brook University**



**Saturday, May 8, 2010**

**1K Fun Run at 9:00 AM**

**5K Run/Walk at 9:30 AM**

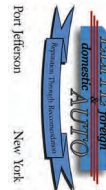
**Stony Brook, New York**



**"Where being benched is enjoyable!"**

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

**STONY BROOK UNIVERSITY**  
**MEDICAL CENTER**  
 THE BENCH RACE  
 c/o Ray McKenna, PT, PhD  
 HSC, SHTM, LV2, RM 420  
 Stony Brook, NY 11794-8201



**Brian J. McGinley**  
 Orthopedic Surgeon

