Plainview Urged
To Support Critical Run

Runners and walkers from Plainview-Old Bethpage are invited to be part of the eighth annual Blue Ribbon Run for Prostate Cancer 5K, which will be held on Sunday, Nov. 13, in the Syosset-Woodbury community. The 5K run and Walks will start promptly at 9:30 a.m.

Runners from Plainview-Old Bethpage have always played a major role in the Blue Ribbon Run, with Plainview athlete David Dresbly and Shari Klasklad leading a strong local contingent in the 2015 edition of the run. Dresbly and Klasklad are back and an even bigger Plainview-Old Bethpage contingent is expected to be part of this year’s run.

Everyone who signs up for the race will receive a special commemorative blanket. Ample post-run refreshments, courtesy of Woodbury Country Deli, All Round Fonds and Bagel Boss Café of East Norwich, and a health exhibit will be on site. In addition to free prostate tests for all men over the age of 50 who bring photo ID and have not previously been diagnosed with prostate cancer. "I urge all men age 40 or older, or those with a family history, to talk to their health care provider about prostate cancer," said Rhonda Samuel, executive director of Integrated Medical Foundation. "This community event is for everyone: all athletes, cancer survivors, family members, physicians, friends, and all will IMP’s prostate cancer early detection and support programs. We are grateful to our lead sponsors, Advanced Radiation Centers of New York and Advanced Urology Centers. Awards will be presented to the top male and female open and masters finishers, as well as in 5-year-age brackets through 85 and over, plus Clydesdale/Arbeter Weight Division. Entry fees are $25 for those who pre-register and $30 day of race.

Race management chores will be handled by the Greater Long Island Running Club. Timing and scoring are by IMS Racing Services. Results will be posted at www.glicr.org and www.pgsmgmt.com within 24 hours after the run.

For more information about prostate cancer, to donate, or to schedule a free screening visit www.imfcares.org. To register for the Blue Ribbon Run for Prostate Cancer, visit www.glicr.org or call GLIRC at 516-349-7046.

—Herald Staff

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