



PRESS RELEASE

For Immediate Release

Contact: **Mary-Beth Coursen**

O: 516-583-5518

C: 516-941-7393

MaryBeth.Coursen@ymcali.org

YMCA OF LONG ISLAND

P R E S S R E L E A S E

7th Annual YMCA Run/Walk for a Cause Series: Making Strides for Community Support

Glen Cove, NY (January 1st, 2024) – The YMCA of Long Island proudly announces their 7th Annual 2024 YMCA 5K Series Run/Walk for a Cause, presented by Bethpage Federal Credit Union. This exciting series of events promises not only a thrilling athletic challenge but also a profound impact on our community. The series kicks off with the Patchogue Family YMCA 5K Run/Walk on Saturday, April 6, 2024 and will run through December 14th, 2024 ending in East Hampton.

The YMCA 5K Series Run/Walk for a Cause is not just about fitness—it's about making a difference in the lives of those in need within our community. Each event in the series supports vital programs and services provided by the YMCA, ensuring that local families have access to nutritious food, enriching summer camp experiences, crucial support services, and more.

We invite everyone in the community to lace up their sneakers, join us for these exhilarating events, and help us make a real difference. Together, we can create a healthier, happier, and more vibrant community for all. This year as a NEW feature to our races, registrants can sign up solo, or create a team to run with their friends, colleagues or sports team. Register for our series or individual races at

Here's a glimpse of the upcoming events in the series: <https://events.elitefeats.com/24ymcaseries>

Patchogue Family YMCA 5K Run/Walk

This year, our Patchogue Family YMCA is proud to honor Rob Cutrone, a distinguished Entrepreneur, whose dedication to community betterment serves as an inspiration to us all.

Date: Saturday, April 6

Beneficiary: YMCA Community Food Distribution Program

Huntington YMCA 5K Run/Walk In Memory of Marcie Mazzola

Date: Sunday, May 5

Beneficiary: YMCA Summer Day Camp Program



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YMCA at Glen Cove 5K Run/Walk In Memory of Nicole Karousos

Date: Saturday, May 11

Beneficiary: YMCA Healthy Living and Youth Programs

Great South Bay YMCA 5K Run/Walk In Memory of Judy

Date: Saturday, June 1

Beneficiary: Breast Cancer Support Programs

YMCA East Hampton RECenter 5K Run/Walk

Date: Saturday, December 14

Beneficiary: YMCA Healthy Living and Youth Programs

For more information about the YMCA 5K Series Run/Walk for a Cause and to register for upcoming events, please visit www.ymcali.org/5kseries

About the YMCA of Long Island

The YMCA of Long Island is a 501c3 nonprofit community-based service organization dedicated to improving the lives of children, teens, adults, and families through programs and services that nurture youth development, foster healthy living, and inspire social responsibility. Long Islanders learn to live their healthiest and fullest lives inside the YMCA's located in Bay Shore, East Hampton, Glen Cove, Holtsville, Huntington, and Patchogue. For information and locations, [visit ymcali.org](http://visit.ymcali.org).

About Bethpage Federal Credit Union:

Bethpage Federal Credit Union is a premier community financial institution committed to serving its members with excellence. With a focus on providing personalized service and innovative solutions, Bethpage empowers individuals and families to achieve their financial goals and dreams.

Photos:



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YMCA of Long Island 7th Annual 5k Run/ Walk for a Cause Logo



Ymca at Glen Cove 5K Run Walk for a Cause in Memory of Nicole Karousos



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Great South Bay YMCA 5k Run Walk in Memory of Judi. ssssss