



PRESS RELEASE

For Immediate Release

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YMCA OF LONG ISLAND

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

Great South Bay YMCA to Host 25th Annual 5K Run/Walk in Memory of Judi on Saturday, May 31, 2025

Honoring Long-Time Volunteer Lisa Hoey for Her Dedication and Impact

Bay Shore, NY — The Great South Bay YMCA is proud to announce its 25th Annual 5K Run/Walk in Memory of Judi, taking place on Saturday, May 31, 2025. This cherished community event brings together families, friends, and supporters to honor the legacy of Judi Shesh and raise critical funds for local individuals and families impacted by breast cancer.

Since its inception in 2001, the 5K Run/Walk has raised over \$300,000 in support of programs and services that directly benefit Long Islanders navigating a breast cancer diagnosis. Proceeds from the race help fund our FREE LIVESTRONG® at the YMCA cancer survivor programs and support services provides financial assistance for individuals and families impacted by breast cancer, scholarships for local students affected by cancer.

This year, we recognize Lisa Hoey as our 2025 5K Race Honoree. A dedicated volunteer and tireless advocate, Lisa has served as the Volunteer Co-Chair of the race since it began. Her involvement over the past 25 years has been nothing short of extraordinary. A close friend of Judi Shesh, Lisa's leadership and commitment have been a driving force behind the race's success. She lives in West Islip with her daughter, Nicole, who has also become a yearly volunteer for Judi's Run.

"Lisa's impact on this event and our community is immeasurable," said Bob Pettersen, Great South Bay YMCA Executive Director. "Her unwavering dedication has helped transform lives and create a legacy of hope, support, and resilience."

In addition to this year's honoree, the Great South Bay YMCA is proud to spotlight two "Inspired by Y" Members:

- Geraldine "Jerry" Leo
- Methel Gale

Their personal journeys and deep connection to the YMCA's mission serve as a reminder of the power of community and the impact of support during life's most challenging moments.



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There is still time to register, sponsor and donate, visit ymcali.org/5Kseries

To learn more about this year's honoree, Lisa Hoey, and our Inspired by Y Members visit: ymcali.org

Participants of all ages and fitness levels are invited to walk or run in honor of Judi and those who have been personally affected by cancer, who have been personally affected by cancer, and to celebrate the dedication of Lisa, Methel and Jerry, whose support and involvement have inspired the community.

About the YMCA of Long Island

The Great South Bay YMCA, part of the YMCA of Long Island, is committed to building healthy spirit, mind, and body for all. Through inclusive programs and community support, the Y empowers individuals and families to lead healthy, active lives at every stage.

The YMCA of Long Island is a 501(c)(3) nonprofit, community-based organization committed to improving lives through youth development, healthy living, and social responsibility. With locations in Bay Shore, East Hampton, Glen Cove, Holtsville, Huntington, and Patchogue, the YMCA helps Long Islanders live their healthiest, most connected lives. For more information, visit www.ymcali.org.