

2026 YMCA 5K SERIES ANNUAL RUN FOR A CAUSE



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

ABOUT OUR HONOREES!

BONNIE EDSALL MS, BSN, RN, CBCN



The YMCA Staff and Volunteers are honored and excited to recognize Bonnie Edsall as this years 5K Run For Judi Event Honoree. Bonnie has been a long-time 5K Committee Member and is a passionate advocate in the fight against breast cancer. Bonnie brings extensive experience working with families affected by breast cancer. At present, Bonnie is the Nurse Manager of the Breast Health Center and Oncology Nurse Navigation Program for Good Samaritan University Hospital. Bonnie had served as the Radiation Oncology Nurse Manager, Breast Health Educator, Mammography Nurse and has over 30 years of experience as a Support Group Facilitator. Bonnie is dedicated to providing evidence-based interdisciplinary breast care to optimize patient outcomes and has impacted so many lives providing critical care and giving hundreds of patients and families a strong support system during the most challenging times of their lives. Through her work as part of the Y 5K Run For Judi, Bonnie has also helped the Y connect with women who are battling breast cancer by recommending families in need to the Y for family support. Through her recommendations, the Y provides families with \$1,000 awards to help them to defray rising medical costs or to help support their families while in crisis. Bonnie volunteers at numerous outreach events and is passionate about working with the community to educate and promote cancer screening and a healthy lifestyle.



Catholic Health
Good Samaritan
University Hospital



Great South Bay YMCA
200 W Main Street
Bay Shore, NY 11706

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CYNTHIA SCHIAVONE **YMCA INSPIRATION**



The Y is proud and excited to recognize Cynthia Schiavone as our “YMCA INSPIRATION” for this years 5K Run For Judi. Cynthia has been involved with the YMCA for over 25 years as a program participant, staff member, and as a key volunteer in many capacities. She has been an integral part of the 5K Run For Judi for over 20 years and is a key member of the 5K race committee. Cynthia takes the lead each year coordinating the 5K Raffle helping to raise money for the Y fight against breast cancer. Cynthia also volunteers her time helping with Active Older Adults Day and is part of the Y Golf Committee which raises funds to provide local families with camp scholarships. Outside of the Y, Cynthia works at the Bay Shore-Brightwaters Library and does volunteer work as part of the Bay Shore Beautification Society and South Shore University Hospital. Besides her extensive volunteer work and active role in the community, Cynthia enjoys pottery, the NY Mets and spending time with her family. Most recently, she can be found staying active as a member of the Y Active Older Adults Volleyball team 3x per week! Cynthia is a staple in the community and is known for her positive attitude, enthusiasm and kind and caring personality. Congratulations Cynthia and thanks for inspiring everyone at the Y to get involved and do their best!!!!



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