



KNOW BEFORE YOU GO

**MAKING STRIDES OF LONG ISLAND
PRESENTED BY TEACHERS FEDERAL CREDIT UNION**

MAKINGSTRIDESWALK.ORG/LONGISLAND





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**MAKING STRIDES OF LONG ISLAND
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Sunday, October 20, 2024

7:00 a.m. to 10:30 p.m.

Jones Beach State Park, Field 5



**Parking: available in any open field.
Main festival area is is field 5**

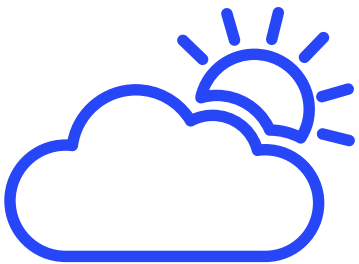
Carpooling highly encouraged. Allow for 10-15 minute walk from lots up to Field 5

[MAKINGSTRIDESWALK.ORG/LONGISLAND](https://makingstrideswalk.org/longisland)



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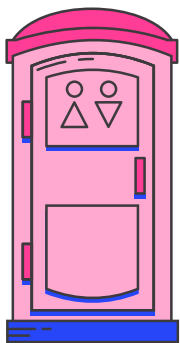
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We'll walk rain or shine, and recommend wearing weather appropriate layers & footwear.



The walk is 5 miles & appx. 1 hour, 30 min. You can take breaks and turn around at any time. This is a noncompetitive walk.



Portable restrooms, including accessible units, and hand washing stations will be available onsite.

Please read our event FAQ on the website for additional information about the walk.

By registering online, you will receive important updates and announcements via email should anything change leading up to the event.

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While pre-registration is encouraged, you do not need to stop at our Check-In Tent to check in unless you have donations to turn in.



 American
Cancer
Society

**MAKING
STRIDES** 
AGAINST BREAST CANCER



Survivors, Thrivers & Previvors



Our special Survivor area at the walk includes:

- Important Information about American Cancer Society programs and services geared specifically for you
- Exclusive giveaways for previvors, survivors & thrivers only
- Opportunities to meet other community previvors, survivors, thrivers and caregivers

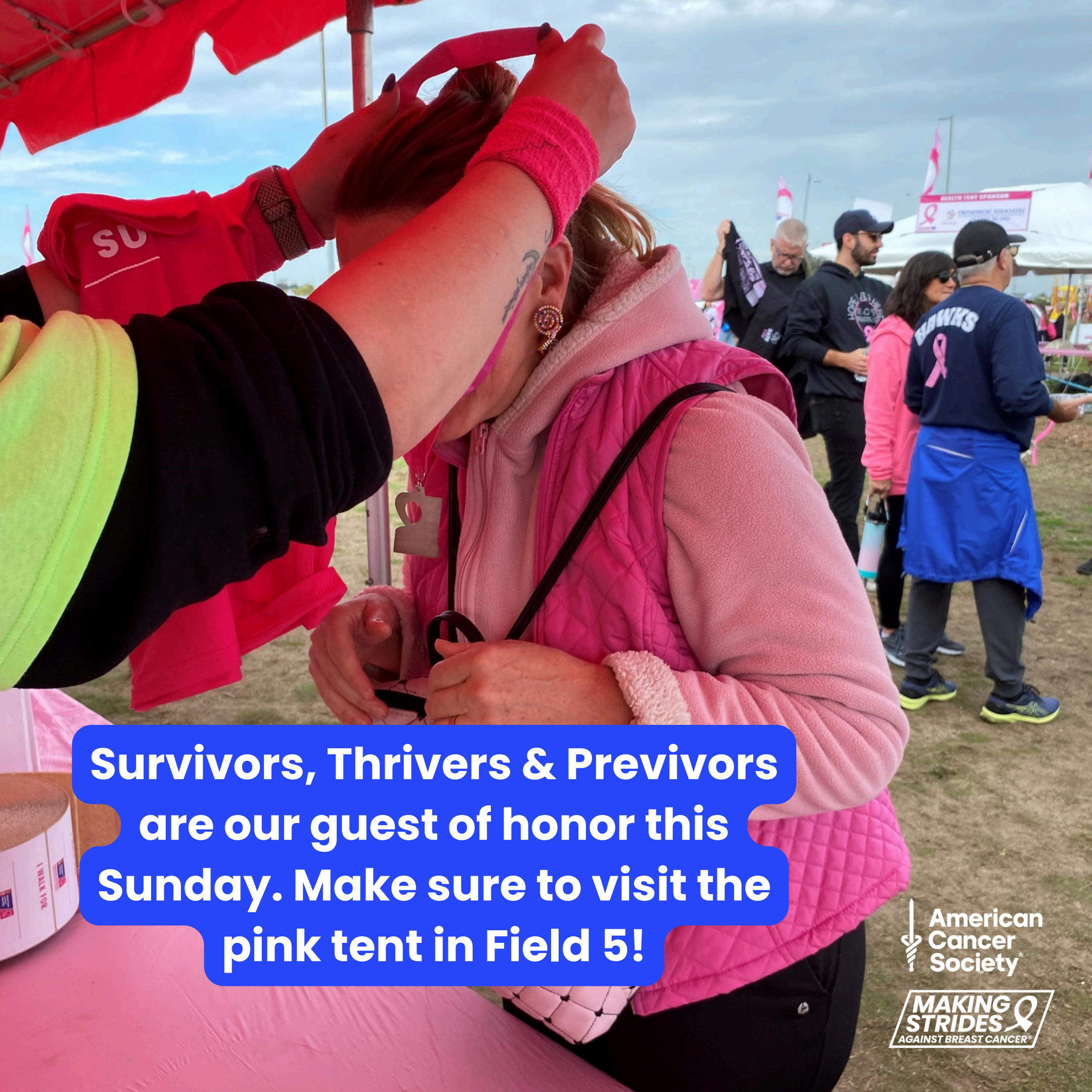
Sponsored by:



Survivor Shirt donated by:



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**Survivors, Thrivers & Previvors
are our guest of honor this
Sunday. Make sure to visit the
pink tent in Field 5!**

What is a Thriver?

The American Cancer Society defines thriver as someone who uses their cancer experience as an opportunity for personal growth and focuses on quality of life and living as well as possible. Making Strides uses Thriver as anyone living with metastatic breast cancer.

What is a Survivor?

It is important to note that the American Cancer Society defines a survivor as anyone who has heard the words "you have cancer", so if you are recently diagnosed, currently going through treatment, or are in remission, this tent is for you!



PARK IN OPEN PARKING FIELD

Making Strides of Long Island Route Map



Walk Route is 5 Miles from Start to Finish

-  Parking Field
-  Refreshment & Entertainment

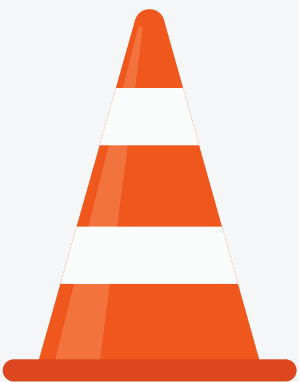
TIME/DISTANCE ESTIMATE

Walk is approximately 5 miles and a hour and a half. Stop or turn around at any time.

Important Traffic Advisory:

We have been working with the race organizers of The Catholic Health Suffolk County Marathon on Oct. 20, 2024, (link [here](#) for race map), New York State Parks and New York State Park Police to ensure safe travel to and from Making Strides Against Breast Cancer on Oct. 20, 2024.

Traveling to Making Strides Against Breast Cancer will be unaffected as the Robert Moses Causeway Southbound and Ocean Parkway Westbound will remain open to traffic. PLEASE ADVISE when leaving the event that the Robert Moses Causeway Northbound will be closed until 5 p.m. Leaving Jones Beach State Park, we recommend taking the Wantagh Parkway North or Meadowbrook Parkways North to the Southern State Parkway to avoid road closures.



PARKING FIELD 5 IS MAIN FESTIVAL AREA



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