

# 11TH ANNUAL SOUNDS OF SILENCE 5K/10K RUN

## RUN, WALK, STROLLER-WALK WITH KID'S FUN RUN

FOR PREGNANCY AND POSTPARTUM DEPRESSION/ANXIETY AWARENESS

In Memory and Celebration of Lisa Mary Reilly



## SCHOOLS AND COLLEGES ARE INVITED TO PARTICIPATE

All New York State schools and colleges are invited to participate in the **11th Annual Sounds of Silence 5k/10k Run (Walk, Stroller-walk with Kid's Fun Run) For Perinatal Mood and Anxiety Disorders Awareness.**

The event takes place on Saturday, May 11, 2019 at Jones Beach State Park, Field 5, in Wantagh, New York. The course takes runners / walkers and stroller-walkers on a 5k/10k course on the wonderful Jones Beach Boardwalk that features beautiful views of the beach and ocean. Following the 5k/10k run, there will also be a Kids Fun Run. Free pre and post race snacks are provided.

### HOW CAN YOUR SCHOOL /COLLEGE GET INVOLVED?

There are a number of ways that you could participate. Below are a few suggestions:

- Athletic Team/Club Participation
- Cheerleader Participation
- Community Service Opportunities

### SCHOOL REGISTRATION PROCESS

Download the School Registration Packet at the event website ([postpartumny.org/sosrun2019](http://postpartumny.org/sosrun2019)) and **submit the completed forms by May 4, 2019** to receive the discounted registration rate. *Please note that the first 250 registrants only will receive free race t-shirt.*

**Each student must complete a registration form.** Registration payment must be received by May 4th to receive the discounted rate. After May 4th, the registration fee is \$5 higher per registrant. Registration fees are non-refundable.

### SCHOOL REGISTRATION PACKET

The School Registration Packet contains the following materials and forms:

- Sounds of Silence 5k/10k Flyer
- Sounds of Silence story sheet
- Sounds of Silence letter for parents
- Sounds of Silence 5k/10k Run PA announcements
- Individual Student Registration Form. Please note: Each attending student must complete the registration form and his or her parent/guardian must sign the waiver. Registration form must be completed and returned with payment by May 4, 2019 to receive the discounted rate.

For questions and/or for further information, please contact Event Co-Chairperson and Race Director, Erin Mascaro or Event Co-Chairperson, Trish Beaumont.

### Contact Information

[erin@soundsofsilenceny.org](mailto:erin@soundsofsilenceny.org) | [trish@soundsofsilenceny.org](mailto:trish@soundsofsilenceny.org)  
631-422-2255

*Sounds of Silence, Friends of the Postpartum Resource Center of New York* is a fundraising committee of our non-profit organization. All proceeds contributed support the essential programs and services of the Postpartum Resource Center of New York, Inc., a 501(c)(3) IRS recognized non-profit organization. Tax ID# 11-3449880.