



Thank you for your support & generosity for the 11<sup>th</sup> Annual Sounds of Silence,  
Friends of the Postpartum Resource Center of NY 5k/10k Run/Walk/Stroller-walk with Kid's Fun Run



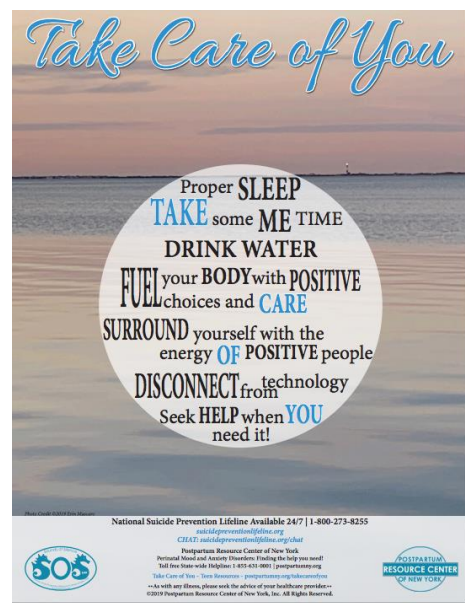
*May 11th we come together,  
to break the silence of mental illness  
for moms, dads and families—  
create a community that inspires hope - makes it okay  
to not be okay and remind each other that with the  
willingness to seek help you will be okay.*

**MAY 11, 2019 | Check-in begins 8AM  
5k/10k Starts at 9:15 AM | Kid's Fun Run After**

YOU and OUR SPONSORS support the vital programs and resources of the Postpartum Resource Center of  
New York – we are **incredibly grateful!**

#### Course Info:

- PLEASE CHECK OUT THE COURSE HERE!
- Please be mindful of both 10k and 5k participants on the course
- TWO Water Stations on the course
- Pre and Post-race refreshments include water, bagels, sandwiches, wraps, apples, bananas and much more!
- Race Swag Bag to first 500 Registrants
- 100+ Race Raffle Baskets – Bring some extra cash for a chance to WIN!
- 50/50 Raffle – Chance to win \$10,000 – hey you never know?
- LIVE online/email/text results: If you submitted your cell number online we will send out your results via text right after you cross the finish!
- Check out your results again – photos will be uploaded from the Finish Line!
- Third time's a charm: Check your results one more time that evening for your personal Finish Video PLUS find more pics on Facebook @elitefeats



SEE YOU AT THE RUN!