

7th Annual Howie Levy Cross Country Hills & Hops



Conquer the Hill and Support Pancreatic Cancer Research

Event generously underwritten by Lisa Hadar and Family

The Howie Levy 5K honors the life of Howie Levy. A dedicated employee of the Mid-Island Day Camp for many years, he passed away from Pancreatic Cancer in 2009. Over the past six years, the Howie Levy 5K has raised nearly \$120,000 for camp scholarships at the Mid-Island Day Camp, a program of the Mid-Island Y JCC, and to support cancer research through the Lustgarten Foundation for Pancreatic Cancer Research. Thank you for your support!

Instructions for In-Person Howie Levy 5K @ Eisenhower Park- Field 2

Location and Directions can be found on our event website: www.howielevy5k.org

Please show up 10-15 minutes prior to your start time. There will be personnel on site to answer any questions. Your bib will be mailed the week of May 10th to all who registered by 9 am on May 7th. Registrants after that time will pick-up bib day of event at event check-in areas. If you do not get your bib by event day please see the event staff prior to your race. The night before the race you will be texted your Bib number. Covid-19 protocols strictly enforced. Please be sure you have a mask for before and after race.

Instructions for Howie Levy Virtual 5k-

Directions can be found by scrolling to bottom of our event website: www.howielevy5k.org

T-Shirt Pick Up:

Event T-Shirt pick-up for **paid registrants** will be **May 13th-May 17th** from 9am-5pm daily at Mid-Island Y JCC, 45 Manetto Hill Road, Plainview, NY 11803. **Due to Covid-19 restrictions t-shirts WILL NOT be available for on-site pick-up at the race.**

Share your Photos and Stay in Touch:

We'd love you to show photos of your run/walk and to keep in touch by following us on social media.

Instagram [@HowieLevy5k](https://www.instagram.com/HowieLevy5k) and **Facebook** [Howie Levy 5K](https://www.facebook.com/HowieLevy5K) Tag us and use the hashtag **#HowieLevy5K**

Questions:

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In his memory, we run.

Howie Levy June 13, 1951 - May 8, 2009

