

The Mid-Island Y JCC presents
6th Annual Howie Levy Cross Country Hills & Hops
5K 
Conquer the Hill and Support Mid-Island Day Camp & Pancreatic Cancer Research

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 five years, the Howie Levy 5K has raised nearly \$100,000 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 Virtual 5K Run/Walk:

- Go for a run or walk whenever and wherever you'd like. Track your time using a running app or other method of your choice.
- Beginning on May 17th ** go to elitefeats.com/Results and click on this event. ([Direct Link](#)).
- Search for your name and click UPDATE.
- Enter your time.
- Optional-** Upload selfie and/or photo of you from your running app (up to 5 photos!)
#efVirtualRun #HowieLevy5K

Bib Information:

Beginning on May 11th, bibs will be mailed out to “commemorate” your entry in this race. Please allow 3-5 business days for bibs to arrive. You don't need your bib to run/walk, it's a keepsake!

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](#) and **Facebook** [Howie Levy 5K](#) [#HowieLevy5K](#)

****Early Registrants (before 5/16)** can start posting results on 5/17.

****Late Registrants (after 5/16)** must wait 24 hours after registration to post their results.

Questions:

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*In his memory, we run.
Howie Levy June 13, 1951 - May 8, 2009*

