



REMINDERS for October 18, 2009

Registration: 9:00 a.m. – 11:00 a.m.

*Opening Ceremony: 9:30 a.m. - Survivors cutting the ribbon
72nd Street Bandshell, Central Park*

As you get ready to *Make Strides* here are a few reminders to share with your team members!

- ❑ **Start AND Finish Location:** The 5 mile walk starts and ends at the **72nd Street Bandshell** in Central Park, across from Bethesda Foundation. Enter at 72nd Street from Central Park West or from Fifth Avenue. **Subway: C** to West 72nd & CPW; **1,2,3** to West 72nd & Broadway; **6** to East 68th Street & Lexington Avenue. **See Route Map*
- ❑ **Rolling Start:** Walkers should come to the **Registration Tent** between 9:00 a.m. and 11:00 a.m. The Registration Tent is located on “Dead Road” along the 72nd Street transverse. **See Site Map*
- ❑ **Survivor Tent:** Tent opens at 8:00 a.m. for cancer survivors to gather, reflect, and pick up their complimentary pink t-shirt and Survivor sash (while supplies last) to wear at the start!
- ❑ **Ribbon Cutting Ceremony:** Thousands of breast cancer survivors, all wearing pink t-shirts, will cut the pink ribbon at 9:30 a.m. to officially START the walk!
- ❑ **Online Fundraising:** If you have “signed up” online through our website, you will receive an EMAIL during the week of OCTOBER 12th. **YOU MUST PRINT THIS EMAIL AND BRING IT WITH YOU TO TURN IN AT THE ON LINE EASY DROP TENT ON THE DAY OF THE WALK!** At that time you may also turn in any additional monies you have collected.
- ❑ **INDIVIDUAL Registration:** Team Leaders *do not* collect all the money for their team. Each walker completes their own registration form, collects their own pledges and turns in their form/donations at the Registration Tent on the day of the event. **Please know how much money you are turning in at registration.*
- ❑ **Registration Forms:** Please write clearly and legibly in black or dark blue ink. Include your Company name and Team name if they differ from one another. **Please separate checks and cash and please do not staple checks to the registration form.*
- ❑ **Matching Gifts:** If your company has a Matching Gift program (check with your HR department prior to the walk), please staple your company’s Matching Gift form to your Registration Form and turn them both in on the day of the walk.
- ❑ **Signage Policy:** Team members can carry **HAND HELD SIGNS ONLY**. Due to Central Park Regulations and Sponsor Agreements no signs can be staked, posted, or hung around the park. In addition, no balloons or vehicles will be permitted in the park.
- ❑ **Food & Water:** 8oz. bottles of water will be distributed at three water stations along the route and one station at the walk site. At the end of the walk a “goody bag” containing a drink and other snacks will be handed to each walker.
- ❑ **Meeting Places:** Teams should meet at a place outside of the Bandshell area so your team can all register and start walking together. **Please see reverse side for suggested meeting spots.*
- ❑ **Entertainment:** Please return to Bandshell after you have walked to enjoy family entertainment, including a magician, stilt walker, musicians, dancers and other great entertainers!

PLEASE SEE REVERSE SIDE



SUGGESTED MEETING PLACES - SUNDAY, OCTOBER 18, 2009

Registration: 9:00 a.m. – 11:00 a.m.

Opening Ceremony: 9:30 a.m. - Survivors cutting the ribbon

72nd Street Bandshell, Central Park

WEST SIDE - Central Park West Entrance

- **Tavern on the Green** - Enter at 67th Street and meet in the parking lot.
- **Other Restaurants, Coffee bars:**
 - **Dallas BBQ** - 27 West 72nd Street (Columbus & CPW)
 - **Starbucks Coffee** - 152-154 Columbus Avenue (67th Street)
2045 Broadway (70th Street)
267-275 Columbus Avenue (73rd Street)
338 Columbus Avenue (76th Street)
 - **Buttercup Bakeshop** - 141 West 72nd Street (between Amsterdam & Columbus Avenues)
 - **Le Pain Quotidien** - 50 West 72nd Street (between Columbus & CPW)
 - **Patsy's Pizzeria** - 61 West 74th Street (between Columbus & CPW)
 - **New World Coffee** - 416 Columbus Avenue (80th Street)
- **Bethesda Fountain** - At top or bottom of stairs. Along the 72nd transverse, across from the Bandshell. You can enter 72nd Street on either the East or the West Side.

EAST SIDE - Fifth Avenue Entrance

- **The Arsenal** - (building with steps leading down to it) Fifth Avenue (64th Street)
- **Frick Museum** - Across the street from Central Park at Fifth Avenue (70th Street)
- **Other Restaurants, Coffee bars:**
 - **EJ's Luncheonette** - 1271 Third Avenue (73rd Street)
 - **Le Pain Quotidien** - 833 Lexington Avenue (63rd - 64th Streets)
 - **Sarabeth's at the Whitney** - 945 Madison Avenue (75th Street)
 - **Starbucks Coffee** - 1128 Third Avenue (66th Street)
1449 Second Avenue (76th Street)
1117 Lexington Avenue (78th Street)
- **Bethesda Fountain** - At top or bottom of stairs. Along the 72nd transverse, across from the Bandshell. You can enter 72nd Street on either the East or the West Side.

Parking Garage Suggestions

East Side:

- 540 Park Avenue (61st Street btwn Park & Madison Aves)
- 51 East 77th Street (btwn Park & Madison Avenues)
- 305 East 80th Street (btwn 1st & 2nd Avenues)
- 121 East 80th Street (btwn Park & Lexington)

West Side:

- 155 West 70th Street (btwn Broadway & Columbus)
- 201 West 75th Street (btwn Amsterdam & Broadway)
- 350 Amsterdam Avenue (btwn 76th & 77th Streets)
- 157 West 83rd Street (btwn Amsterdam & Columbus)
- 214-216 West 80th Street (btwn Broadway & Amsterdam)