



## REMINDERS for October 18, 2009

*Registration: 9:00 a.m. – 11:00 a.m.*

*Opening Ceremony: 9:30 a.m. - Survivors cutting the ribbon  
72<sup>nd</sup> 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 **72<sup>nd</sup> Street Bandshell** in Central Park, across from Bethesda Foundation. Enter at 72<sup>nd</sup> Street from Central Park West or from Fifth Avenue. **Subway: C** to West 72<sup>nd</sup> & CPW; **1,2,3** to West 72<sup>nd</sup> & Broadway; **6** to East 68<sup>th</sup> 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 72<sup>nd</sup> 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 12<sup>th</sup>. **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  
72<sup>nd</sup> Street Bandshell, Central Park

### **WEST SIDE - Central Park West Entrance**

- **Tavern on the Green** - Enter at 67<sup>th</sup> Street and meet in the parking lot.
- **Other Restaurants, Coffee bars:**
  - **Dallas BBQ** - 27 West 72<sup>nd</sup> Street (Columbus & CPW)
  - **Starbucks Coffee** - 152-154 Columbus Avenue (67<sup>th</sup> Street)  
2045 Broadway (70<sup>th</sup> Street)  
267-275 Columbus Avenue (73<sup>rd</sup> Street)  
338 Columbus Avenue (76<sup>th</sup> Street)
  - **Buttercup Bakeshop** - 141 West 72<sup>nd</sup> Street (between Amsterdam & Columbus Avenues)
  - **Le Pain Quotidien** - 50 West 72<sup>nd</sup> Street (between Columbus & CPW)
  - **Patsy's Pizzeria** - 61 West 74<sup>th</sup> Street (between Columbus & CPW)
  - **New World Coffee** - 416 Columbus Avenue (80<sup>th</sup> Street)
- **Bethesda Fountain** - At top or bottom of stairs. Along the 72<sup>nd</sup> transverse, across from the Bandshell. You can enter 72<sup>nd</sup> 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 (64<sup>th</sup> Street)
- **Frick Museum** - Across the street from Central Park at Fifth Avenue (70<sup>th</sup> Street)
- **Other Restaurants, Coffee bars:**
  - **EJ's Luncheonette** - 1271 Third Avenue (73<sup>rd</sup> Street)
  - **Le Pain Quotidien** - 833 Lexington Avenue (63<sup>rd</sup> - 64<sup>th</sup> Streets)
  - **Sarabeth's at the Whitney** - 945 Madison Avenue (75<sup>th</sup> Street)
  - **Starbucks Coffee** - 1128 Third Avenue (66<sup>th</sup> Street)  
1449 Second Avenue (76<sup>th</sup> Street)  
1117 Lexington Avenue (78<sup>th</sup> Street)
- **Bethesda Fountain** - At top or bottom of stairs. Along the 72<sup>nd</sup> transverse, across from the Bandshell. You can enter 72<sup>nd</sup> Street on either the East or the West Side.

### ***Parking Garage Suggestions***

#### **East Side:**

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

#### **West Side:**

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