



A good thing to do



Laurel House 5 km

Newark, New York

Measured on: March 14, 2020

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USATF Certificate

NY20004KL

Effective: 03/17/2020

Through: 12/31/2030

"This course was measured using the full width of the road and the Shortest Possible Route (SPR)"

Measured Marks & Elevations:

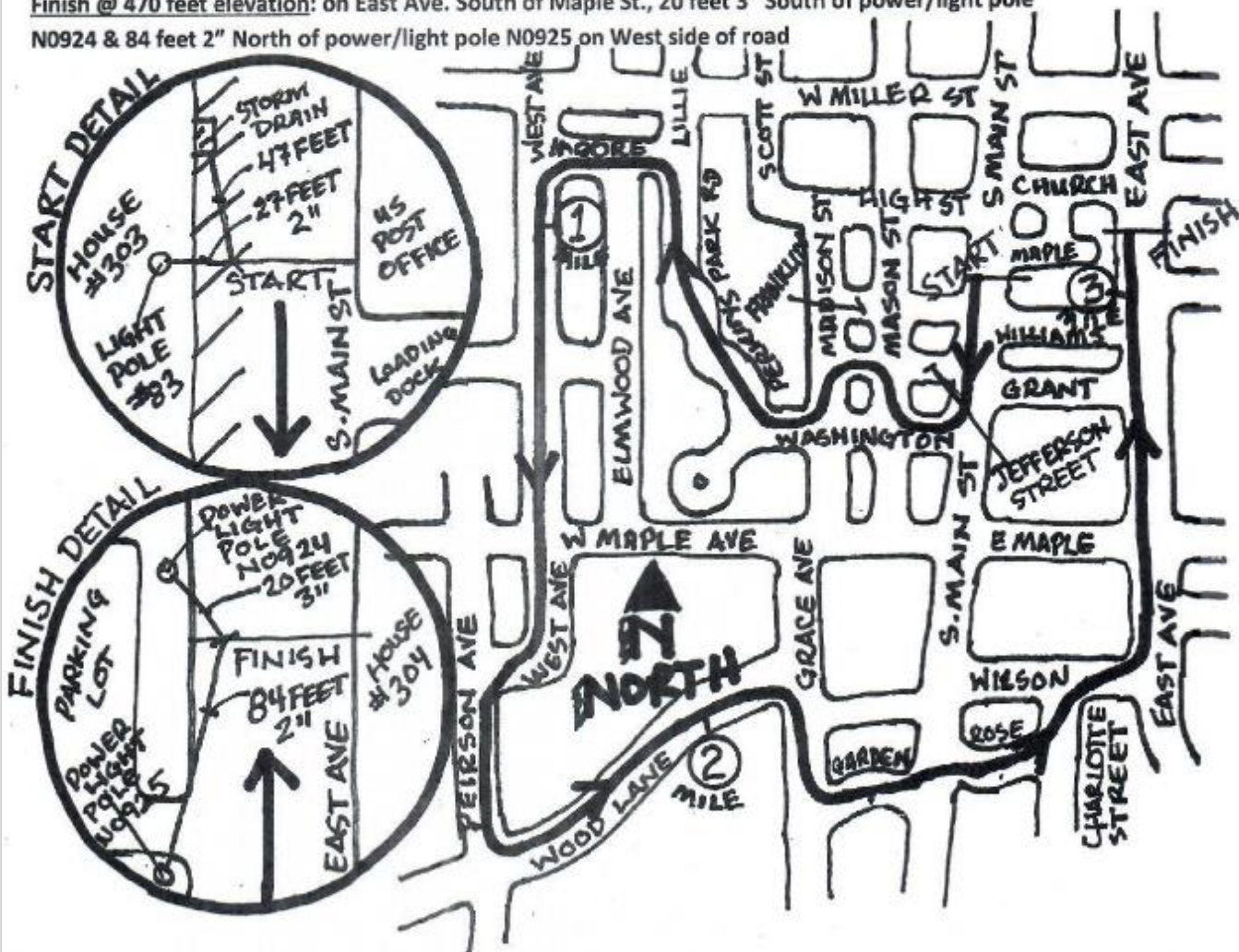
Start @ 470 feet elevation: at #303 S. Main St., 27 feet 2" East of light pole #83 & 47 feet South of storm drain on West side of road

1 Mile @ 461 feet elevation: at #228 West Ave., 5 feet 3" South of center of two driveways on East side of road

2 Mile @ 476 feet elevation: West of #101 Wood Lane (Newark Grange #366), 80 feet 6" West of storm drain on South side of road

3 Mile @ 474 feet elevation: on East Ave. at Williams St., 5 feet 11" South of power/light pole N0930 on West side of road

Finish @ 470 feet elevation: on East Ave. South of Maple St., 20 feet 3" South of power/light pole N0924 & 84 feet 2" North of power/light pole N0925 on West side of road



Once again this year, Newark Central School District staff are being encouraged to participate in the annual 5K Walk/Run to benefit Laurel House Comfort Care Home in Newark that provides no cost, end-of-life care in a loving, supportive environment for Wayne County residents.

This year, 5K participants have a choice of walking or running a certified, 3.1 mile course along village streets beginning at 9 a.m. June 12th or virtually, allowing them to run/walk anywhere between June 1st and June 11th.

Whatever their choice, participants must register in advance online at: <https://runsignup.com/Race/NY/Newark/LaurelHouse5K>.

The cost is \$25 along with a \$2.45 sign-up fee. The first 350 registrants will receive a free t-shirt.

Robyn Monahan, Newark High School nurse and Newark Central School District Wellness Coordinator has sent out flyers electronically to all staff about the event from which they can also register.

After Newark School District staff register, they may e-mail Monahan at: robyn.monahan@newarkcsd.org and receive a \$15 Wegmans gift card which they can keep or choose to donate to the Newark Food Closet.

The gift cards are being provided to current NCSD staff participants only as part of the Finger Lakes Area School Health Plan Wellness Initiative.

Monahan said organizers anticipate greater participation in the 5K

fundraiser this year because of the choice of two ways to participate.

Last year when the event was solely virtual because of COVID-19 restrictions, 159 school district employees participated in the walk/run and raised about \$4000 for the cause.

“So far our district is responding wonderfully, and our numbers are going up. We’re promoting a healthy activity all while raising money for a great cause,” Monahan said April 30th.

