

**OFFICE OF THE COUNTY EXECUTIVE  
ALL-EMPLOYEES MEMORANDUM**

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**DATE:     OCTOBER 3, 2023**

**9th Annual Catholic Health Suffolk County Marathon,  
Half Marathon, 10K & 5K + Mile Mission Challenges**

The Catholic Health Suffolk County Marathon to Support Our Veterans has become an annual tradition for runners and families all across Long Island - and we want you involved! You can register to run or walk in the Marathon, Half Marathon, 10K, 5K, and Mile Mission Challenges- or you can show your support by becoming a race day volunteer.

This year's Marathon, Half Marathon, and 10K will take place on Sunday, October 22nd and will once again start in the Village of Babylon. The 5K will take place on Saturday, October 21st and will once again feature a course that showcases the beauty and views of Gardiner County Park in Bay Shore.

Suffolk County has the largest veteran population in all of New York State, with 90,000 veterans calling Suffolk County home. This event is our opportunity to thank, honor, and recognize our local heroes. To date, the Suffolk County Marathon has raised over \$900,000 for local veterans' services with more than 12,000 runners participating. This year with the continued support of our community, we hope to surpass the \$1,000,000 mark.

In addition to providing much-needed funds to veteran groups, the event has been a catalyst for economic development, drawing thousands of residents and families to support local businesses at the post-race Freedom Fest.

Hosted in Gardiner County Park on October 22<sup>nd</sup> from 9:00AM-12:30PM Freedom Fest is an outdoor festival featuring live music and entertainment, local food, and craft beer.

**Volunteer to Show Your Support:**

An event of this size will require support from hundreds, and we need your help! We are looking for volunteers to assist us on race day. Volunteers may be asked to assist runners on the course, manage a water stop, assist spectators with road closure information, or provide post-race assistance at the Freedom Fest.

If you would like to sign up to help out, please submit the form below. There are two shifts you can sign up for:

Saturday, October 21st, 6:30AM-10:30AM

Sunday, October 22nd, 6:30AM-10:30AM

Note: These times represent the maximum time to volunteer on the given day, you will likely get out earlier.

To volunteer, please use the following form: <https://forms.office.com/g/2K3KmHT05H>

If you have any questions please do not hesitate to reach out to the Volunteer Coordinator:  
Kristina.RamosOviedo@SuffolkCountyNY.Gov

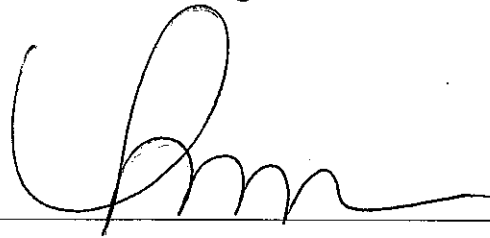
**... Or Register to Participate:**

Log on to [www.suffolkcountymarathon.com](http://www.suffolkcountymarathon.com) to register for this in-person event on October 21st & 22nd!

If you are not available on October 21st & 22nd, there are still ways for you to participate. Consider registering for one of the Mile Mission Challenges. This virtual race option lets you run, walk, cycle, swim, or even walk with your dog. Travel as many miles as you can in the month of October to support our veterans. These challenges are a great way to get into the routine of exercising daily, and promote healthy living. Start a team, walk during your lunch break with your co-workers, or walk around the neighborhood with your dog each night. There are options for every athlete!

**... Or Spread the Word to Show Your Support**

We are encouraging the community to spread the word about this exciting event. For news and updates about the Suffolk Marathon, follow our pages on Facebook, Instagram, and Twitter @suffolkmarathon. With your help, we can make this year's event a continued success.



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**LISA BLACK**  
**CHIEF DEPUTY COUNTY EXECUTIVE**

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