

**The FDNY Firefighter John F. McNamara Foundation**

and

**Laughter Saves Lives  
Presents...**



# *Strides* for the *Center*

## **5k Run ~ 2k Walk**

**Saturday, October 1st**  
**Blue Point Fire Department**

Registration 8:30am  
Runners Start 9am  
Walkers Start 9:15am

**Post-Run Awards  
Celebration!**

**Register at [justfinish.net](http://justfinish.net)**

Join Us For Our  
Pre-race Event  
Comedy Show  
September 16th at 7pm  
Blue Point FD  
Show Ticket Includes  
Registration For Run/Walk!  
Refreshments will be provided.

*Whatever*

*It Takes*



**For More Info, Go to [Johnnymacfoundation.org](http://Johnnymacfoundation.org)**

Serving Our Local and 9/11 First Responder Communities