



Hello Friends, Family, Runners and Walkers,

The big day is coming up fast, and we have more news to share to help you have your best day and your best race. Haven't registered yet? [Click here!](#)

In this email, we're announcing a few schedule changes, putting out feelers for more volunteers for race day, plus:

- a reminder about chaperones for the 1K KIDS Walk/Run
- a sneak peek at your t-shirts
- a list of sponsors, vendors, and activities (raffles! crafts!) for race day
- a special guest
- a big thank you to all our sponsors

Also, please let us know if you have any questions we haven't addressed. You can reply to this email or send an email to events@shareandcare.org.

Schedule Changes

We have a few small schedule changes. Here's what has changed:

1. **The 5K Walk/Run and 1K KIDS Walk/Run are no longer being run simultaneously.** The 5K Walk/Run start time has not changed (9:30 AM), but the 1K KIDS Walk/Run start time is now 10 AM. This will allow the 1K participants to

cheer on their 5K friends and family, and vice versa.

2. **New! We've added a second yoga and pre-stretch session for 1K KIDS participants.** The first session takes place from 8:30–9:15, and the second is 9:40–10. You won't want to miss the opportunity to work with Certified Yoga Instructor Preet Kaur.
3. **The awards ceremony now starts at 11 AM.**

Here's the new schedule including all the changes:

- **8:00 AM** On-Site Check-In & Registration
Same-day registration deadline is 15 minutes before each race.
- **8:30–9:15 AM** Yoga & Pre-Stretch with Certified Yoga Instructor Preet Kaur
- **9:15 AM** 5K On-Site Registration Cut-Off
- **9:30 AM** 5K Walk/Run Start Time
- **9:40–10:00 AM** Yoga & Pre-Stretch with Certified Yoga Instructor Preet Kaur
- **9:45 AM** 1K On-Site Registration Cut-Off
- **10:00 AM** 1K KIDS Walk/Run Start Time
- **11:00 AM** Awards Ceremony

Calling All Volunteers!

We still need some volunteers to help out, and there are opportunities ranging in commitment length from one hour to just over three hours:

1. Set up mile markers and decorations
2. Direct participants + cheer at the finale line
3. Attach runner/walker shoe tags
4. Hand out t-shirts
5. Give out water
6. Remove runner/walker shoe tags

If you or someone you know can assist, please forward this email to them or share the list of activities we still need help with.

[Register / View Volunteer Opportunities](#)

1K KIDS' Chaperones

If you have one or more children signed up for the 1K KIDS Walk/Run (open to ages 7 and under, free registration), please note that they will need a registered chaperone to accompany them.

If the intended chaperone is not yet registered for either event, [click here to register](#) (note that there is a \$30 registration fee).

T-Shirts!

Here's your first sneak peek at the t-shirts:



Fun, Food, and More Fun!

Several of our sponsors will be giving away promotional items and raffling off some fun prizes. Here's a quick look at what and who will be at the event on May 19:

Design and Fine: They will be hosting a candy station and are raffling a piece of jewelry from their collection.

New York Life Insurance: They will be showcasing a Child ID Card System and handing out lots of fun goodie bags for little (and big) kids!

Rajbhog: The authentic taste of Indian sweets and snacks in the U.S. Rajbhog will be hosting a jalebi-gathiya station.

ConnectOne Bank: 21 convenient locations in New Jersey and New York.

CMEK Basketball: Programs for the development of kids' abilities in basketball, to help young athletes make and pursue challenging goals. CMEK will be raffling gift baskets with lots of goodies.

Sukhadia & Masala Tea: The freshness of homemade food and the nostalgic taste of

India.

#MrsHolistic (a.k.a. Suchita Kothari): Free 15-minute Ayurvedic consultations.

Earthy Snack: Indian-inspired sweets and savories, handmade in small batches.

Photobooth: For kids and adults — get your picture taken in our photobooth! Don't you miss the instant gratification of printed photos while you wait? This is great way to commemorate your day with friends and family.

Kids Craft Table: Crafts and other fun projects for kids.

First Aid Tent: Dr. Bharati Palkhiwala and her team will be on-site to assist as needed.

Did You Know?

Miss New Jersey 2017, and Miss USA 2017 1st Runner Up, [Chhavi Verg](#), will be in attendance!

Ms. Verg was born in India and moved to the U.S. when she was four years old. She is also a dancer and a certified personal trainer.



Thank You Sponsors!

As always, a big shout out to our sponsors. If you would like to join them, you can download the sponsor form [here](#).

- Anonymous Donors from Florida, New Jersey, and India
- Kamlesh & Luci Chainani Foundation
- Design & Fine
- In loving memory of Dr. Suresh M. Shah from grandchildren and children
- New York Life
- NO BULL DIAMONDS
- Shah, Amar-Jyotsna & family
- Vishal Raju Bhagat Foundation
- CMEK Basketball
- ConnectOne Bank
- Helping Hands: Ages 13-15 boys on Volleyball team, NY-NJ
- Jain, Paresh & Sweta
- Mrs. Holistic a.k.a. Suchita Kothari
- PRI.biz
- The Elisabeth Morrow School, Englewood, NJ
- Peerless Beverage
- Earthy Snacks
- Kids Team Group: All kids activities/food and fun
- Peerless Beverage
- Rajbhog, NJ
- Sukhadia's, NJ
- The Planted Spoon

Thank you all again for your participation and hard work. There's still time to register, of course. We have a [downloadable flyer](#) () you can print and use to help tell all your friends, co-workers, and neighbors about the event!



We look forward to seeing you all on May 19. And again, please let us know if you have any questions we haven't addressed. You can reply to this email or send an email to events@shareandcare.org.

~ The Make a Difference 5K Walk/Run & 1K KIDS Walk/Run Event Team



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