

# MAKE A DIFFERENCE 5K WALK/RUN

Sunday, October 8, 2023  
9:00 AM to 12:30 PM

Overpeck County Park • 199 Challenger Road • Ridgefield Park, NJ 07660

## Sunday is the big day — join us as we race toward our \$50,000 GOAL!

We look forward to you joining us October 8th as our annual Make a Difference 5K Walk/Run event returns. Get ready to get moving with family and friends of all ages as the Share & Care Kids4Kids team raises funds to support marginalized women, children, and families in India. Please join our community of more than 100 runners, volunteers, and sponsors to show we are Share & Care strong!

Sunday's weather is predicted to be perfect with cool temperatures and sunny skies. [\(Check the forecast here.\)](#)

Below you'll find a few final updates before our event. With your generous help we have collected more than \$42,000! **Please help us reach the finish line and meet our goal of \$50,000.** Even if you can't join us, you can still support our event with a donation.

PLUS, an anonymous match sponsor has stepped forward to **match 5K registrations and contributions, up to \$10,000.** Your support will now go twice as far!



HELP US REACH OUR GOAL



### Runner Spotlight: Vedaan

One of our youngest runners signed up for the 5K has set up both a runner's page and GoFundMe to encourage donations to our cause! Hear why he's been inspired to run:

**Hi! My name is Vedaan Shah, I am 9 years old and pledge to run the 5K Share & Care marathon on Sunday, October 8th. We are raising awareness and funds to support education in rural communities in India. Please support me in my efforts to spread knowledge to children like me, who love to learn.**

SUPPORT VEDAAN



## Get Ready for Race Day!

REGISTER OR DONATE

### Check-In & Registration

Please allow ample time to arrive and check in. Pre-registered participants will check in at the registration table.

Online registration will continue through the event date, but please allow 30 minutes for bib pick-up when registering day-of. Please encourage your friends and family who haven't yet registered to participate! If they can't attend, please invite them to donate to this worthy cause.

### Race Day Reminders & Schedule

- Bring your ID; you'll need it at check-in
- Allow plenty of time to park, check in, and enjoy the pre-race stretch
- Check the schedule:
  - 7:30 a.m. - Volunteer Check-In
  - 9:00 a.m. - On-Site Check-In
  - 9:30 a.m. - Pre-Race Stretch
  - 10:00 a.m. - 5K Start
  - 10:30 a.m. - Fun Run Start
  - 10:30 a.m. - Dosa Brunch
  - 11:00 a.m. - Awards

### Pre-Race Stretch & Music: 9:30 a.m.

We're excited to have Coach Eric Garella from Orangetheory Fitness leading a pre-race stretch to warm up your muscles and get ready for the 5K! DJ Eric Garella will also be teaming up with DJ Allen Lai to provide music for the event.



### Dosa Brunch:

#### Starts at 10:30 a.m.

We're thrilled to announce our dosa brunch! Beginning at 10:30 a.m., all are invited to join us for dosas.

### Parking

There will be signs nearby to guide you to the event and through the parking lots. Please note: Because the event is in a central location, vehicles will have limited access to the main parking lot after 9:00 a.m.

There are parking lots further away (a 10-minute walk), but please let your friends and family know to arrive earlier rather than later. We also have a map



you can download that shows the event parking areas, the track, water stations, and start and finish lines.

Here's the address again, and a link to Google Maps. And remember we also have all of this information on our website.

**Overpeck County Park**  
199 Challenger Road  
Ridgefield Park, NJ 07660  
[Link to Google Maps](#)

### Thank You to Our Sponsors!

Our sincere appreciation goes out to our donors and sponsors, listed below:

Anonymous

Baiju & Sima Bhansali

Kan & Malti Mehta Foundation

Ashish & Manjeet Parikh

Birthday Fundraiser

Deepak & Neena Sheth

Atul & Preeti Kothari

Dharmesh & Namrata Kothari

Drs. Bharati & Bharat Modi

Fine Emeralds

Shreyas & Nina Mehta

Dr. Veena Chadda

Yogesh Madhvani & Family

Peerless Beverages

CMEK

Ankur & Piu Jain

Vineet & Anshu Sethi

Pankil & Ami Patel



### Questions or Concerns?

Please check our website for any other information you might need. We look forward to seeing each and every one of you Sunday — rain or shine.



### Capture the Memories

If you take photos or videos at the event, we'd love to see them! Please email them to us at [5K@shareandcare.org](mailto:5K@shareandcare.org) and we may feature them in our print or email newsletters.



### Don't Miss Our Next Event



Join us again on November 4th for our annual gala celebrating **HARMONY FOR HUMANITY: UNITING GENERATIONS IN SERVICE**. Tickets are on sale now!

**LEARN MORE & GET TICKETS**



### MAKE A DONATION

[View as a Web Page](#)

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