

• ALLYSON WHITNEY FOUNDATION •

PEACE
LOVE
RUN
REUNION 5K

SEPTEMBER 19, 2026

KAUNEONGA LAKE, NY

BENEFITTING YOUNG ADULTS WITH RARE CANCERS



Dear Friends and Supporters,

Since 2012, your generosity has been the heartbeat of the Allyson Whitney Foundation. Because of your unwavering support, what began as a promise to honor Allyson's legacy has grown into a community that brings hope, compassion, and meaningful financial relief to young adults impacted by rare cancers.

As we celebrate our **Peace • Love • Run Reunion 5K**, we are especially grateful for each of you who has walked, run, donated, volunteered, sponsored, and believed in our mission over the years. Your kindness has helped transform difficult moments into hopeful ones for hundreds of young adults and their families facing the overwhelming challenges of cancer.

Together, you have helped fund Life Interrupted Grants, provide Oncology HOPE Comfort Bags, support oncofertility assistance, advance rare cancer research, and remind every recipient that they are never facing cancer alone. Every dollar, every mile, and every act of generosity has made a lasting impact.

This reunion is more than a race—it's a celebration of the incredible community that has stood beside us for over a decade. Whether you've been with us since our earliest days or recently joined our mission, you are an essential part of the Allyson Whitney Foundation family.

On behalf of our Board of Directors, volunteers, grant recipients, and the young adults whose lives have been touched by your compassion, thank you for believing in our mission and helping us continue Ally's legacy of hope.

We are honored to celebrate with you today and look forward to creating even more impact together in the years ahead.

With heartfelt gratitude,
Barbara Strong
Founder



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BOOKLET DESIGN BY MAI FOX

The Allyson Whitney Foundation is a volunteer driven 501(c)(3) public charity.

The organization was founded in March 2012 in love and memory of Allyson Whitney Strong.



www.allysonwhitney.org



PRE-RACE INFORMATION

PARKING

Former Duggan School: 3460 State Route 55, White Lake, NY 12786
Please park at the former Duggan School and take the complimentary Rolling V shuttle to the Kauneonga Lake Fireman's Pavilion.

SHUTTLE SCHEDULE

To the Pavilion: 8:00 a.m. to 9:15 a.m.

Back to Parking: 11:00 a.m. to 12:30 p.m.

REGISTRATION & CHECK-IN

When you arrive, please have your check-in pass open on your phone. Your pass will be provided a few days before race day. Under the registration tent, lines will be separated by last name. Please proceed to the appropriate line. Our registration team will check you in and provide your race packet.

BAG DROP-OFF

Don't want to run with your belongings?

Bring them to our Bag Drop-Off before the race and we'll hold them for you while you walk or run.

IMPORTANT: Don't forget to collect your belongings immediately after finishing! Bag Drop closes at 11:00 a.m.

*AWF and volunteers are not responsible for personal belongings.



IMPORTANT: NO DOGS

Please leave your furry friends at home. **Dogs are not permitted on the race-course or at the Fireman's Pavilion due to insurance liabilities.** Thank you for helping us keep the event safe and compliant.

RACE DAY SCHEDULE

7:45 a.m. Parking Lot Opens (Former Duggan School)

8:00 a.m. to 9:15 a.m. Shuttle Transportation

Rolling V transportation will bring guests from the parking lot to the Kauneonga Lake Fireman's Pavilion.

8:00 a.m. Registration Opens + Music Begins!

DJ Defgeph starts the day with fun tunes and good vibes.

Bag Drop-Off will also be available for belongings you don't want to carry during the race.

9:00 a.m. Pre-Awards & Special Presentation

- CES & Cohen Dentistry Check Presentation
- Largest Team Award
- Highest Fundraised Team Award

9:30 a.m. National Anthem (Performed by Mekayla Rayne)

Following the National Anthem - Race Lineup Begins

RACE STARTS

Runners → Walkers → Strollers

AFTER THE RACE

- Awards Ceremony
- Stay and celebrate with us under the Fireman's Pavilion!

11:00 a.m. to 12:30 p.m. Shuttle Transportation Back to Parking

Rolling V will bring guests back to the parking lot at the former Duggan School.

Event Photography
by Nicole Nixon

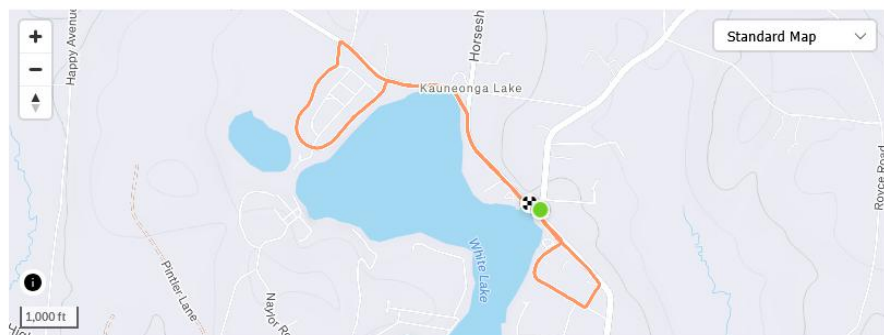
RUN MAP

Allyson Whitney 5K ☆

Run Segment Kauneonga Lake, New York

Distance	Elevation Gain	Avg Grade	Lowest Elev	Highest Elev	Elev Difference
3.1 mi	134 ft	0%	1,320 ft	1,364 ft	43 ft

59 attempts by 39 people | Starred by 3 people





RUN FOR HOPE

*Whether you're running
for a warrior, honoring
someone you've lost,
supporting a friend or
simply showing up for
the cause—*

***YOU** are part of
something bigger.*

Every mile.

Every step.

Every dollar raised.

*Every person who
shows up.*

*It all makes a
difference.*

STAY & EXPLORE KAUNEONGA LAKE

Your race day doesn't have to end when you cross the finish line!
Take a stroll along the Kauneonga Lake strip, shop local and enjoy
everything our community has to offer.

INDUSTRY: Enjoy 10% off your purchase.

LAKELAND PROVISIONS: Stop in for a drink, grab a bite and
relax by the lake.

RACE DAY GUIDE

RACE LINEUP

To help everyone have a safe and enjoyable start, please line up according to your pace:

- 1. RUNNERS — FRONT**
- 2. WALKERS — MIDDLE**
- 3. STROLLERS — BACK**

Our team will be there to help guide everyone into the correct starting position.

TIMING

Timing by *Fast Forward Events*

Please keep your bib securely pinned to the front of your shirt.

Race results will be available live online and will also be posted on tables in front of the pavilion.



ON THE COURSE WATER STATIONS

There will be two water stations along the course, staffed by:

- Monticello Teachers Association
- Boy Scout Troop #101

MEDICAL SUPPORT



Bethel Volunteer Ambulance will be on hand throughout the event should you need assistance.

INFORMATION TABLE

Learn more about our endurance events and volunteer opportunities. Lost & Found will also be located here.

RACE DAY GUIDE

FINISHER MEDALS

Every participant will receive a beautiful AWF Finisher Medal at the finish line!

WARRIOR INSPIRATION

Keep an eye out for our Warrior Inspiration Photos along the course — a reminder of exactly who we're running for.

MUSIC & GOOD VIBES WITH DEFGEPH

Defgeph will be spinning fun tunes throughout the 5K to keep the energy high and the good vibes flowing!

ALLY'S JAMS

Want to listen to the music Ally loved? Check out Ally's Jams on Spotify, a playlist created by her best friends, Gabby & Ashley.

[CLICK HERE TO LISTEN](#)



SMILE!



Race photos will be uploaded after the race as soon as possible.

STEP & REPEAT

Stop by our Top Sponsor backdrop and grab a photo!

CAPTURE THE MOMENT

Nicole Nixon will be snapping candid photos throughout the day.

FINISH LINE PHOTOS

Don't forget to wave to Mai Fox as you cross the finish line!

POST-RACE BEER TENT

Celebrate your finish with a sampling at our Beer Tent, sponsored by Beer World! The Beer Tent will not be located inside the Fireman's Pavilion. Senior parking only.



EXPLORE THE PAVILION

AWF MERCHANDISE

Yes, you asked. We listened! Shop our AWF merchandise and take a little piece of the day home with you.

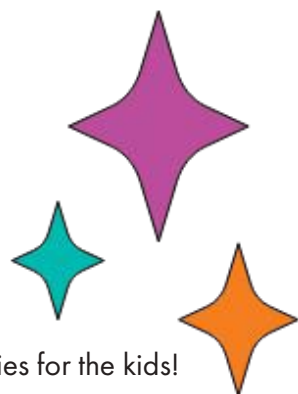
RAFFLES

Fun baskets, prizes and local goodies!

\$5 — 1 ticket

\$10 — 3 tickets

\$20 — 7 tickets



KIDS' CRAFT TABLE

Stop by Stephy's table for some fun, creative activities for the kids!

FACE PAINT

Face Painters Alyssa Velazquez and Sierra Velazquez will be on site to brighten up everyone's day — and, of course, your face!

SUNFLOWER MURAL

Be sure to check out our special Sunflower Mural by Tobi Magnetico, The Making Box Studio.

REFRESHMENTS

Enjoy small bites, fruit, sweets, coffee and cider in the back of the pavilion.

GIVE HOPE



MAKE A DIFFERENCE.

Want to do a little more for young adults facing rare cancers? Visit our **Donation Tent** and help us continue providing support when it matters most.

DONATION THANK-YOU GIFTS

- \$50 AWF Bottle Opener
- \$100 AWF Soft Blanket
- \$250 AWF YETI Mug
- \$500 \$50 AWF Merchandise Certificate
OR AWF Jacket

*Every donation helps us
continue our mission of
supporting young adults
with rare cancers.*





THE SUSAN & JOEL LEWIN FAMILY FUND

"Congratulations AWF! It's a pleasure to support your organization from the very beginning and the incredible work that you do. We wish you countless years ahead helping young adults diagnosed with rare cancers."

- Lewin Family

COHENDENTISTRY

General and Implant Dentistry

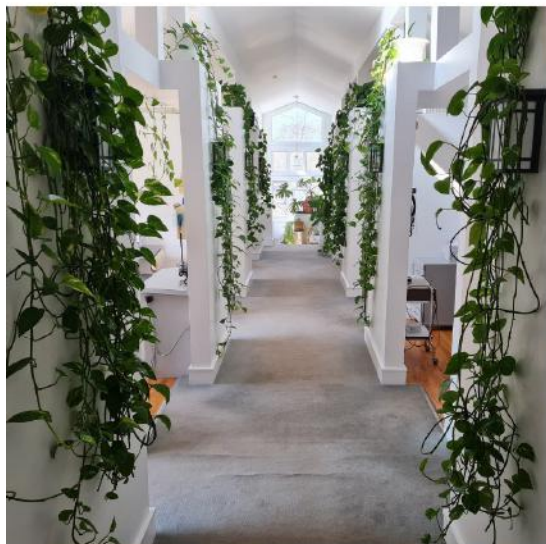
Emergencies to full mouth treatment

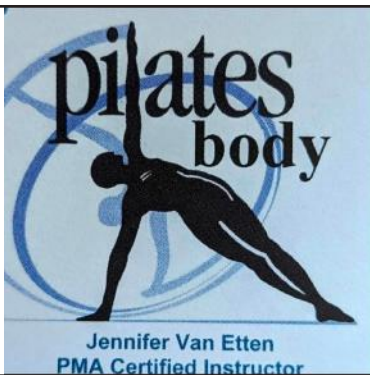
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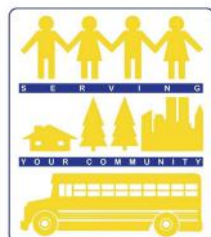
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 - Bri's Balloons
 - Catskills Run Club
 - Dutch's Tavern
 - Gavin Water Gardens
 - In Memory of Our Favorite Barefoot Runner, Nick Kentop
 - J's Signs
 - Jeff Bank
 - Karen & Jay Billig
 - Kauneonga Lake Fire District
 - King's Collision
 - Liberty Rotary Club
 - Monticello Elks Lodge 1544
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 - Sweet Treats in Memory of Jen Franklin
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- 

SHOUTOUTS

Big LOVE to
Fallsburg Team Ally

UPS Liberty:
Jamie Yaun & Shabanni Davis

#AWFSQUAD
Shoutout to our amazing
charity runners and
their donors who honor
them and help us. They make
their miles count!

Catskill Run Club

Family Troop 101

Monticello Teachers Association

The Most Amazing Volunteers

Our Facebook fundraisers
and their donors.

Thank you to Ellyn Solis
and Cande Roth for being
our sound board and
coordinating directors.

Kim Vogl and her family for
standing with us since the
beginning, fundraising in
California and distributing
HOPE comfort bags.

The many, many wonderful
donors big and small who
fuel our mission year round.

Raffle Businesses & Supporters

Love to the Manz family.

Team Queens Girls to
Team Queens Kids:
Thank you for all you do for AWF!



ALLYSON WHITNEY
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Email: info@allysonwhitney.org
Federal Tax ID #: 45-4231236

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for making a
difference
in the lives of
cancer patients
& their families**



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