

# Hercules 10K on the Harbor

In support of the

# Walk for Beauty



## ***New “Hercules on the Harbor” 10K race through Stony Brook*** *One of the Most Challenging 6.2 mile Courses on Long Island*

**Stony Brook, NY** - On Sunday, October 26, 2014 at 9:30 a.m. thousands of Long Islanders will take “steps” toward eradicating breast cancer during the 21<sup>st</sup> annual *Walk for Beauty in a Beautiful Place*. This year will also mark the inaugural *Hercules on the Harbor 10k* run through the very hilly North Shore communities of Stony Brook and the Village of Head of the Harbor that organizers contend is possibly the toughest on Long Island.

The USA Track & Field sanctioned event will transverse a very challenging on and off-road course starting and finishing in front of Stony Brook’s famous Hercules Statue from the U.S.S. Ohio. Participants will be provided spectacular views of the beautiful village green, the scenic marina and harbor, the charming residential community, the stunning Harmony Vineyards, and the picturesque Stony Brook Mill Pond, while passing such local historical landmarks as West Meadow Beach’s Gamecock Cottage, the colonial-era Hawkins Homestead and Stony Brook Grist Mill. More than a mile of the course will include a trek off-road through the remarkable Avalon Park & Preserve along one of its wooded trails and over grassy paths that loop around the east and west flower fields. The course will offer both novice and seasoned runners memorable moments that will keep them returning year after year.

The atmosphere will be festive with balloons, bands and camaraderie in connection with the *Walk for Beauty* event that, since its inception, has raised over \$1,250,000 for cancer research at Stony Brook Medicine. Proceeds are also used to support the Ward Melville Heritage Organization’s *Unique Boutique* for prostheses and wigs, benefitting those battling cancer. More than ten local musical acts will help keep the energy high by performing at various spots along the course. Rock Bands, string

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quartets, acoustic guitar players, jazz trios and other musical entertainment will motivate the runners and create a unique experience for participants and spectators alike. This will be fun!

Advanced registration is now open for both the walk and 10k run at \$25 and \$35, respectively. The first 1,000 walkers to signup will receive a commemorative 2014 *Walk for Beauty* t-shirt and the first 250 10K runners are guaranteed a *Hercules on the Harbor* long-sleeve t-shirt sponsored by Bethpage Federal Credit Union.

The Walk/Run Committee has over 35 members but this year community participation will be greater than ever with support and volunteers from local businesses, the Stony Brook and St. James Fire Departments, Suffolk County Police and CERT volunteers, the Brookhaven (ARES) Amateur Radio Emergency Service, Three Village Kiwanis Club, the WMHS Key Club, National Honor Society, Art Honor Society, local Girl Scout and Boy Scout troops, Stony Brook University, numerous sports teams from Ward Melville High School, Murphy Junior High School and the community.

Awards will be given out to the top three male and female overall finishers and to the top three male and female finishers in five-year age groups between 14 and 85+.

Sponsorship opportunities are still available for the inaugural *Hercules on the Harbor 10K* and the 21st Annual *Walk for Beauty*, which traditionally attracts over 1,500 participants per year.

Please visit [www.wmho.org/wfb](http://www.wmho.org/wfb), call (631) 751-2244 or e-mail [herculesontheharbor10k@gmail.com](mailto:herculesontheharbor10k@gmail.com) for more information about these events, registration or sponsorships.