



Thank you for being a part of the One Too Many NY 5K to end child abuse. You have helped a child!

1 in 10 children will be abused before their 18th birthday. One child abused is ONE TOO MANY.

You have helped NYS Child Advocacy Centers continue to provide free services, support and healing assistance to sexually/physically abused children in *your* community.

Information for the 5K

1. You can select any day and anytime to participate between September 13th-15th, 2024.
2. You can select any route—your neighborhood, your favorite park or your treadmill. A 5K equals 3.11 miles. Many Child Advocacy Centers participating this year are having in-person events. Please contact your local child advocacy center for details at: <https://www.nyschildrensalliance.org/child-advocacy-centers/find-a-center/>
3. If you would like to track your time and submit it for the fastest time competition, please use one of the many apps available—we suggest: **MAP MY RUN BY UNDER ARMOUR, STRAVA, or NIKE RUN CLUB.** Once you complete your 5K, take a screenshot of your completed time and distance and submit it with your name, bib number, and photo by **noon Mon. Sept. 16th** to troth@nyschildrensalliance.org
4. If you would like to compete in one of our statewide competitions (listed in the orange box) for prizes, **email us your name, bib number, and photo.** Let us know which category you are competing in. All winners will be notified by email and shared on NYSCA’s social media and website.

FOR EXAMPLE:

You want to compete for “Best View on my Run/Walk Selfie” Submit a photo of yourself near a beautiful pond you pass on your 5K.

Email photo troth@nyschildrensalliance.org in the body of the email list your name, bib number, and the category you are submitting for and attach your photo. **All entries must be submitted by noon on Monday, Sept. 16th, 2024.**

5. Please share your photos, selfies, and videos with us by email to pmullin@nyschildrensalliance.org or use #OneTooManyNY5K. You don’t have to compete in any category. We would love to see your photos and share them on NYSCA’s social media.

List of the Categories & Prizes:

NOTE: participant must be in each photo & all photos must be submitted by noon on Monday, Sept. 16th, 2024.

BEST VIEW ON MY RUN/WALK SELFIE: winner receives a \$25 gift card to Shutterfly to capture all their “best views” & memories.

DOGS NEED A 5K TOO!: winner receives a \$25 gift card to PetSmart so you can stock up on dog treats.

FARTHEST AWAY FROM NYS PARTICIPANT: winner will receive a \$25 gift card to Amazon.

BEST TEAM COSTUME: (team must have at least 3 members) team captain will share a \$50 gift card to a local pizzeria.

BEST RACE TIME- MALE & FEMALE CATEGORIES: submit time with a race app screenshot. The best time (male & female) receives a \$75 Visa gift card.

THANK YOU TO OUR SPONSORS



ONE TOO MANY NY 5K HOSTED BY:



nyschildrensalliance.org

What is the New York State Children’s Alliance (NYSCA)?

The New York State Children’s Alliance, Inc. (NYSCA) is a non-profit organization that delivers the expertise and resources needed to care for abused children. Our mission is to promote the development, growth, and continuation of Multidisciplinary Teams (MDTs) and Child Advocacy Centers (CACs) throughout NY state in order to provide healing and justice to abused and neglected children and their families.

Follow NYSCA: **Facebook** @nyschildrensalliance **Instagram** @nyscainc **X (Twitter)** @NYSCAinc **website:** nyschildrensalliance.org #OneTooManyNY #OneTooManyNY5K

2024



One Child Abused is #OneTooManyNY



TEAM Adventure Legacy Wealth Advisors of NY JC Smith Inc.

THANK YOU FOR SUPPORTING:

- Cortland County Child Advocacy Center
- Orange County Child Advocacy Center
- Chemung County Child Advocacy Center
- MHA of Columbia-Greene Child Advocacy Center
- Child Advocacy Center of Niagara
- Child Advocacy Center of Oswego County
- Child Advocacy Center of Wayne County
- Southern Tier Child Advocacy Center
- The Child Advocacy Center of Greater Rochester
- Child Advocacy Center of the Finger Lakes

- Center for the Prevention of Child Abuse (CPCA)
- Otsego County Child Advocacy Center
- Schenectady Child Advocacy Center
- Victims Assistance Center of Jefferson County
- Safe Horizon: Bronx Child Advocacy Center
- Safe Horizon: Brooklyn Child Advocacy Center
- Safe Horizon: Manhattan Child Advocacy Center
- Safe Horizon: Queens Child Advocacy Center
- Safe Horizon: Staten Island Child Advocacy Center
- New York State Children's Alliance (NYSCA)