



Thank you for being a part of the virtual  
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.

## 5K INFORMATION

1. You can select any day and anytime to participate between September 19th-21st, 2025.
2. You can select any route—your neighborhood, 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: [nyschildrensalliance.org/child-advocacy-centers/find-a-center/](https://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 on Mon., Sept. 22nd, 2025** to: [troth@nyschildrensalliance.org](mailto: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 to: [troth@nyschildrensalliance.org](mailto:troth@nyschildrensalliance.org).

In 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. 22nd, 2025.**

5. Please share your **non-competing**, fun photos, selfies, and videos with us by email to: [pmullin@nyschildrensalliance.org](mailto:pmullin@nyschildrensalliance.org) or use the tag **#OneTooManyNY5K**. We would love to see your photos and share your 5K fun 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. 22, 2025*)

**BEST VIEW ON MY RUN/WALK SELFIE:** winner will receive a \$25 Shutterfly gift card to capture all their "best views" & memories.

**DOGS NEED A 5K TOO!:** winner will receive a \$25 PetSmart gift card to stock up on dog treats.

**FARTHEST 5K AWAY FROM NYS:** winner will receive a \$25 Amazon gift card.

**BEST DECORATED RACE BIB:** winner will receive a \$25 Michaels gift card to add to their creativity.

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



## THANK YOU TO OUR 2025 5K SPONSORS LISTED ON THE BACK.

ONE TOO MANY NY 5K  
HOSTED BY:



#OneTooManyNY  
#OneTooManyNY5K

### 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 Child Advocacy Centers (CACs) and Multidisciplinary Teams (MDTs) 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** @NYSCAinc  
**LinkedIn** @New York State Children's Alliance, Inc. **website:** [nyschildrensalliance.org](https://nyschildrensalliance.org)

THANK YOU FOR YOUR SUPPORT ACROSS NYS

2025

**NYS****CA**  
NEW YORK STATE CHILDREN'S  
ALLIANCE

One Child Abused is #OneTooManyNY

*Wegmans*



*Ansun*  
GRAPHICS



BORGWARNER



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