

# Runner's Edge-TOB Triathlon Registration Now Open

*Take a 1/2 mile swim, a 15-kilometer bike ride and finish up with a 5-kilometer run*

Registration is now open for one of Long Island's most important and exciting recreational sporting events – the 25th anniversary Runner's Edge - Town of Oyster Bay Triathlon.

The Triathlon will take place on Sunday, Aug. 26, starting and finishing at Theodore Roosevelt Memorial Park in Oyster Bay. It will once again consist of a 1/2 mile swim in Oyster Bay Harbor, followed by a 15-kilometer bike ride through Oyster Bay, Oyster Bay Cove and Laurel Hollow, and finishing up with a 5-kilometer run up to the Planting Fields Arboretum and back to the finish line at Roosevelt Park. The first wave of athletes will enter the water at 7:30 a.m., and the last athlete should cross the finish line well before 11 a.m.

The Triathlon is conducted under the auspices of the Town of Oyster Bay and its Department of Parks and Recreation, with TOBAY Recreation Supervisor Diane Ramos serving as the Town's Liaison to the event. Event management is supplied by the Greater Long Island Running Club, with GLIRC's Jose Lopez and Ray Farrell serving as the event co-directors, and Linda Ottaviano and Mindy Davidson serving as event coordinators.

Proceeds of the event will be distributed to the Long Island Chapter of the Leukemia & Lymphoma Society, Island Harvest, and the Life Enrichment Center at Oyster Bay. The entry fee is \$65 through March 31, \$75 from April 1 through April 30, \$90 from May 1

through May 31, \$105 from June 1 through June 30, and \$125 thereafter until entries close. Town of Oyster Bay residents can deduct \$10 from the pertinent entry fee, and anyone who was registered for the 2011 Triathlon (cancelled because of Hurricane Irene!) can deduct \$25 from the entry fee. You can register at [runnersedgetobaytriathlon.com](http://runnersedgetobaytriathlon.com), or call Linda at the Greater Long Island Running Club for application booklets at (516) 349-7646. Everyone is urged to sign up early.

Registration is also open for the 8th anniversary Runner's Edge-Town of Oyster Bay Junior Triathlon on Saturday, Aug. 25, consisting of a 200 yard swim in the Harbor, a 2.5 mile bike ride and a 1 mile run, all entirely within the confines of Theodore Roosevelt Memorial Park. Registration is open for all youngsters ages 8 through 13 who can swim, bike and run. The entry fee is only \$25 if your child signs up in advance, and only \$30 on the day of the event. You can register the kids at [runnersedgetobaytriathlon.com](http://runnersedgetobaytriathlon.com) or call Linda at (516) 349-7646.

"The Runner's Edge - Town of Oyster Bay Triathlon is one of Long Island's most important recreational sporting events and one of the most important triathlons in the Northeast," said Triathlon Co-Director Ray Farrell. "We will definitely make up for last year's Hurricane cancellation by staging an even better event in 2012 that we hope will make people forget their 2011 disappointment."



Left to right: Nassau County Executive Edward P. Mangano; Police Commissioner Thomas V. Dale and Chief of Department Steven Skrynecki.

## Prescription Drug Disposal Bins Installed at Police Precincts

Nassau County Executive Edward P. Mangano was joined by Acting Nassau County Police Commissioner Thomas Dale on Feb. 23 to announce that Nassau County will soon have permanent Prescription Drug Disposal Bins at all eight police precincts in Nassau County. Prescription Drug Disposal Bins provide residents the ability to anonymously turn in their unwanted, unused and/or expired painkillers and other pharmaceuticals. In 2011, County Executive Mangano successfully partnered with the Drug Enforcement Administration (DEA) several times for their Drug Disposal Program.

"Previous drug disposal programs have been very successful and we urge all residents to take advantage of this opportunity to rid their home medicine cabinets of these unused, unwanted and expired medications," stated Mangano. "The recent tragedies in Medford and Seaford are examples of the desperate measures that an addicted person may take to obtain a substance that will decrease their craving or help them achieve the state of euphoria they are seeking and I am certain that this effort has the potential to prevent any additional tragedies from occurring."

This Prescription Drug Disposal Bin initiative addresses a vital public safety and public health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse.

Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs. Statistics indicated that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, Americans are now advised that their usual methods for disposing of unused medicines – flushing them down the toilet or throwing them in the trash – both pose potential safety and health hazards.

Additionally, County Executive Mangano announced the following initiatives, which are designed to enhance a police officers' ability to identify illegal pharmaceutical drug diversion.

- Police officers will have a pamphlet with drug identification information on the varied aspects of drug diversion and what to look for at traffic or other stops.

- Nassau County Police will test any substances that parents find in their child's possession to determine what type of drug it might be – no questions asked!

- Nassau County Police will hang up Narcotics Anonymous posters with the group's 24/7 helpline number in all precincts, narcotics offices and arrest rooms.

- Purdue Pharma will be underwriting the Crime Stoppers rewards for information on drug diversion, for up to \$5,000.

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## Abilities! Reach for a Star Luncheon Has Been Planned for March 29

The 30th Annual Reach for a Star Spring Luncheon will be held on Thursday, March 29, at the Crest Hollow Country Club in Woodbury. The Reach for a Star Committee was created in 1984 by the late Mrs. Clara Carucci and Mrs. Marie Giffuni to benefit the students enrolled in the Henry Viscardi School. It is currently co-chaired by Iris Katz, Denise Wolfbiss and Ruth Geismar. The luncheon supports the programs and services at the Henry Viscardi School, a fully accredited model school serving over 200 children ages 3-21 with severe physical disabilities who are also medically fragile.

This is a very special year for the Henry Viscardi School as it marks the 50th anniversary of the school, and the 60th an-

niversary of Abilities!. In addition, would have been the 100th birthday of beloved Founder, Dr. Henry Viscardi, Jr.

Students travel to the Henry Viscardi School from 49 school districts on Long Island, in Westchester, and in the five boroughs of New York City. This year's guest speaker will be Nadia Holubnyczyj-Ortiz who attended Henry Viscardi School from kindergarten through 12th grade. After graduating in 1986, Nadia attended Queens College and received a master's degree in speech-language pathology. Musical entertainment will be provided by singer/pianist, Wade Preston, from the Broadway musical Movin' Out.

For more information, call 516-461-1593.