



*“Thousands will join together as one,  
to celebrate Recovery, to celebrate New York!”*

# NEW YORK CELEBRATES RECOVERY

## 3rd Annual New York Recovery Rally September 25, 2010

Randall’s Island Park, New York City

*Featuring:*

10:00 AM at Icahn Stadium

***Odyssey House 5th Annual “Run for Your Life” 5K  
Open To The Public at 8:00 AM***

11:00 AM at the Harlem River  
Event Site, Randall’s Island

***“Recovery Celebration Walk”  
followed by Rally and Live Entertainment***

***Bring blankets, chairs and picnic lunches  
Vendors will also provide a Rally Food Court***

*For more information and  
free registration, please visit  
[www.iamrecovery.com/rally](http://www.iamrecovery.com/rally)  
or call 518-457-8299*

### DIRECTIONS

#### BY SUBWAY OR BUS

Take the 4, 5, or 6 Lexington Ave. trains to 125th St., then transfer on the NW corner of 125th St. and Lexington Ave. for the M35 bus to Randall’s Island.

*From Long Island and Queens:*  
Take the 7 train or the L.I.R.R. to 61st St. and Woodside, then transfer to the X81 Express Bus (61st St. and Roosevelt Ave.). It runs nonstop to and from Randall’s Island.

#### BY FOOT

You can walk across the footbridge from E. 103rd St. in Manhattan onto Randall’s Island Park during summer daylight hours.

Pedestrians can also walk across on the Robert F. Kennedy (Triborough) Bridge from Manhattan, Queens or the Bronx. Randall’s Island can also be reached by walking via 125th Street and RFK (Triborough) Bridge.

#### BY CAR

*From NYC Points:* Go to the Robert F. Kennedy (Triborough) Bridge and take the exit to Randall’s Island, immediately after the toll plaza.

*From New Jersey:* From I-80 or the New Jersey Turnpike, get onto the George Washington Bridge to the Cross Bronx Expressway, then take the Harlem River Drive/Amsterdam Avenue exit. Keep left onto the Harlem River Drive, then stay straight to take the FDR Drive South to the Robert F. Kennedy (Triborough) Bridge and take the exit to Randall’s Island, immediately after the toll plaza.

*From Westchester and Upstate New York:* Take I-87 (New York State Thruway) southbound. I-87 will turn into the Major Deegan Expressway. Follow signs to the Robert F. Kennedy (Triborough) Bridge and take the exit for Randall’s Island, immediately after the toll plaza.

*Note: Bridge toll is \$5.00 upon entering; there is no charge to leave the Island.*

*For more information about buses that will be traveling to the rally from across New York, contact Keith Stack, [Keith.Stack@hotmail.com](mailto:Keith.Stack@hotmail.com) or 518-465-5470*

