

Long Island BUSINESS NEWS

NONPROFITS

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Ultra-marathon men run for Friends of Karen

For Ira Zaroff and Dr. Mark Singer, both residents of Melville, running the Long Island Marathon earlier this month was just a warm-up.

Early Saturday morning, Zaroff and Dr. Singer plan to leave Montauk Point and run 120 miles to North Woodmere Park. They expect to arrive in the park, which is near the Nassau/Queens border, around noon the next day.

The duo's goal is to raise funds and awareness for Friends of Karen, an organization in Port Jefferson that helps families with children diagnosed with cancer and other life-threatening illnesses. Zaroff completed the same route in 2008, while Dr. Singer joined him for a portion of the run.

The public is invited to support Zaroff and Singer along the route through South Shore communities, whether by running a portion with them, by cheering them on or by making a donation to Friends of Karen.

For information, e-mail irazaroff@gmail.com or call (516) 410-7458.

Keeping open space open

More than 1,640 acres of open space, working farms and natural areas on Long Island were protected in 2008, according to a report released earlier this month by The Nature Conservancy. This