



Cortland County Family YMCA

We build Strong Kids, Strong Families, Strong Communities

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CONTACT:

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For Immediate Release

Downtown 5K set for July 13

CORTLAND—The Cortland County Family YMCA and Fidelis Care are teaming up for the third 5-K Race of this year's Fidelis 6-pack, starting Sunday July 13 at 9:00 a.m. at the Cortland VFW.

The Downtown 5k, traditionally the Downtown Cortland Mile, was changed to a 5K only to keep all the Fidelis 6-Pack races the same format. The race will begin in Downtown Cortland near the VFW and finish on Main Street in front of the Salvation Army. It is a challenging race around the hills of Cortland High School. You can pre-register for the Downtown 5K Run at the Cortland YMCA, 22 Tompkins Street until 4:00 p.m. Saturday, July 12, with race-day registration at the starting point.

Proceeds from the Downtown 5K benefit youth activities at the Cortland YMCA. Free t-shirts will be given to the first 75 registrants and prizes will be awarded for top finishers in each age class. Winners will be announced at the steps of the Cortland YMCA on Tompkins Street.

The Fidelis 6-pack is a series of 5K races, around the Cortland area. 1-mile fun runs/walks are also available so everyone can participate! Remaining races this year include:

- Downtown Run, July 13,
- Celtic Run, August 24,
- Pumpkin Run, October 4,
- Turkey Trot, November 27,

For more information, please contact the Cortland County Family YMCA at 607-756-2893, or visit us online at www.cortlandymca.org. Awards will be given at the end of the year for top performers. Participants who register for all 6 races get extra points when final results are made.

The Cortland County Family YMCA has been proudly serving Cortland and the surrounding community for the past 140 years.

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www.cortlandymca.org
22 Tompkins Street Phone: 607.756.2893

YMCA MISSION:
To put Christian
principles into practice
through programs that
build healthy body,
mind and spirit for all

