



Cortland County Family YMCA

We build Strong Kids, Strong Families, Strong Communities

June 10, 2008

CONTACT:

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For Immediate Release

YMCA, Lime Hollow Father's Day 5K Sunday

CORTLAND—The Cortland County Family YMCA, Fidelis Care and the Lime Hollow Nature Center are teaming up for the second 5-K Race of this year's Fidelis 6-pack, starting this Sunday at 9:00 a.m. at the Lime Hollow Visitor Center on McLean Road.

The Father's Day Race is the newest race to the Fidelis 6-Pack. It will be a road and trail run highlighting the natural beauty of the Lime Hollow Nature Center and Cortland County. You can pre-register for the Father's Day Run at the Cortland YMCA, 22 Tompkins Street until 4:00 p.m. Saturday, June 14, with race-day registration at Lime Hollow.

Proceeds from the Father's Day Run benefit the Cortland YMCA and Lime Hollow Nature Center. Free t-shirts will be given to the first 75 registrants and prizes will be awarded for top finishers in each age class.

The Fidelis 6-pack is a series of 5K races, around the Cortland area. 1-mile fun runs and walks also take place at each event so everyone can participate! Remaining races this year include:

- Father's Day Race, June 15,
- 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
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YMCA MISSION:

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