



# Cortland County Family YMCA

*We build Strong Kids, Strong Families, Strong Communities*

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*For Immediate Release*

## **Randall Repeats at Pumpkin 5k**

CORTLAND—The Cortland County Family YMCA, Graph-Tex/Geared-2-Sports and Fidelis Care teamed up for the fifth race of the Fidelis 6-pack race series. 165 runners and walkers had a chance to compete this past Saturday, kicking off Cortland's annual Pumpkin Festival.

The hills around the SUNY Cortland campus proved to be as tough as ever with increased average times for most racers. Despite the hills, Kelly Dworak, 48, Carlisle, PA, finished as the fastest female, with a time of 20 minutes, 7 seconds. Joey Randall, 40, Cortland, won for fastest male and overall winner and besting last year's winning time, with a 18 minutes 36 second posting.

The YMCA would like to thank Geared-2-Sports and Graph Tex, one of the Pumpkin Run's originating sponsors, for printing Pumpkin Run mugs for category winners in each age group, awarding a new pair of running shoes to Dworak and Randall for finishing with the fastest overall times and also providing t-shirts for the early registrants.

Proceeds from the Pumpkin Run will benefit Loaves and Fishes of Cortland. Loaves and

Fishes serves meals at Grace Episcopal Church noon on Mondays, Tuesdays, and Thursdays and 4:30 p.m. Wednesdays and Fridays. They also serve Saturday from 11:30 a.m. until noon, where bag lunches are provided. For more information on how to help your local Loaves and Fishes, call 756-6195.

Fidelis 6-Pack sponsors include: Graph-Tex, Geared-2-Sports, Cortland Regional Sports Council, DLH Properties, Contento's Demolition, Cortland Regional Medical Center, Borg Warner, Royal Motors, Plan First Technologies, Schwan's, Fidelis and Fleet Feet Sports. The YMCA also would like to thank the Cortland Paid Firefighters as a race sponsor and the Cortland Police Department for providing help at main road intersections.

Full Results of the race are posted online at [www.cortlandymca.org](http://www.cortlandymca.org).

The Fidelis 6-pack is a series of 5K races around the Cortland area. The last remaining race this year is our annual Turkey Trot, Thanksgiving morning, November 25 at 9:00 a.m. in front of the YMCA on Tompkins Street. Last year's Turkey Trot boasted 488 runners, and this year we hope to surpass 500! Proceeds help benefit the Salvation Army. For more information, please contact the Cortland County Family YMCA at 607-756-2893, or visit us online at [www.cortlandymca.org](http://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 142 years.

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