



Cortland County Family YMCA

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

May 19, 2011

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Cortland, New York 13045
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For Immediate Release

Celebrate Mom's Day with the Y, Fidelis

CORTLAND—The Cortland County Family YMCA and Fidelis Health Care are once again teaming up for the Fidelis 6-Pack 5K Race Series. The Mother's Day 5K will be the first race of the season, Sunday May 8, 9:00 a.m. at Yaman Park

Fidelis 6-Pack Race Co-Director, Peggy Eck said anyone is welcome to register for any race they wish, without needing to commit to all six races. However, she adds, for those attending and placing for all six runs do get special 6-Pack awards and recognitions.

Runners and walkers can pre-register for the race at the YMCA, 22 Tompkins Street, or online at www.cortlandymca.org until Saturday May 7, at 12, Noon. Race day registration will also be available May 8, starting at 8 a.m.

Proceeds from the Mother's Day Run benefit the Kim Ryan-Leonard Scholarship Fund. The scholarship is in remembrance of Kim Ryan-Leonard who passed away from a long battle with cancer in 1995. The \$1,500 scholarship is awarded to a senior Cortland High School athlete with the same qualities of Mrs. Ryan-Leonard.

Maureen White, a friend of Kim and co-organizer, along with Jamie Brown, of the Mother's Day Run said, "Kim had a wonderful personality that everyone loved to be

around. She was caring and giving of her time and especially loved working with children.”

Kim’s mother, Bev Ryan, said in the past few races that she is amazed to see so many people running in memory of her daughter and is proud the Mother’s Day Run can help keep the memory of Kim alive.

Sponsors for this year’s Fidelis 6 Pack include: Fidelis Care, BorgWarner, Contento’s Demolition, Cortland Regional Medical Center, Cortland Regional Sports Council, DLH Properties, Graph-Tex, Janke Family Chiropractic, Plan First Technologies, and Royal Motors and Z-95.5 Ithaca’s Hit Music Channel.

Special thanks to Mother’s Day Race sponsors: Cortland Produce, Cortland Greenhouse, Cortland Granite Works, Gators, Mark Leonard Home Improvement, Off The Record DJ Service, Varsity Liquors and Zerillo’s.

Remaining races this year include:

- Sunday, June 19, Father’s Day Run at Lime Hollow Nature Center,
- Sunday, July 17, Cortland Chiro 5K,
- Sunday, August 28, Celtic Run,
- Saturday, October 1, Pumpkin Run,
- Thursday, November 24, Turkey Trot.

For more information, please contact the Cortland County Family YMCA at 607-756-2893, or visit us online at www.cortlandymca.org

The Cortland County Family YMCA has been proudly serving Cortland and the surrounding community for the past 143. years.

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