

FOR IMMEDIATE RELEASE Contact: Machell Phelps, CRSC

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# 2nd Annual CECSD Cortland PAW Run to be Held in October

Cortland, NY – The PAW 5K and 1 mile Fun Run will be held on Sunday, October 16th starting at the Cortland Jr/Sr High School – 8 Valley View Drive, Cortland NY.

Day of registration for the race will be held from 8:30 – 9:00am on October 16th with the race will beginning at 9:30am. This local event is being held to raise awareness of the district’s initiative – People Achieving Wellness (PAW) as well as encouraging students to take steps towards a healthy lifestyle.

“The PAW Run is a school and community collaborative event” explained Machell Phelps, sports council executive director. “This is our second year of working together to put on an event designed for both school personnel, students and the community at large.”

The concept was developed to support the district’s Wellness Programs as they strive to instill healty habits and increased physical acitivity. Proceeds from the race are divided amongst the district’s PTO/PTA’s. The event will cost $20 for those who pre-register (before Oct. 16th) and $25 for those who register the day of the race. The cost for a family is $50. There will also be a FREE 1 mile Run for elementary aged kids that begins at 10:30am, with registration 9:30-10:15am at the Cortland High School Stadium.

“New this year is a Walk-A-Thon which was included in the event as a way to involve each CECSD elementary school” said PAW committee member Shana Snyder. “We hope this will instill a little competitive spirit amongst the students.”

Event and Walk-A-Thon information can be obtained from the PTO/PTA’s or by emailing [crsc@cortlandsports.org](mailto:crsc@cortlandsports.org). Online registration for the PAW 5K is available at:

<http://cortlandsports.recdesk.com/recdeskportal/Registration/tabid/6709/Default.aspx>

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