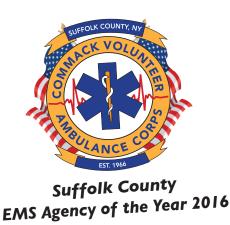
REGISTER TODAY!

www.elitefeats.com/?CVAC5K



COMMACK AMBULANCE **6TH ANNUAL**

Saturday, August 12

Sawmill Intermediate School 103 New Highway, Commack, NY 11725

Registration begins at 8 am • Run/Walk starts at 9 am

\$25 Registration Fee (\$30 on Race Day) \$20 Fire/EMS/Police







T-Shirts guaranteed to the first 200 pre-registered participants, water stations on course, post-race refreshments, prizes awarded, raffle prizes, music and more!

Visit www.CommackAmbulance.org or 5k@CommackAmbulance.org More Information

Professional Race Announcer

TERRY BISOGNO 'The Voice of Long Island Running & Racing''

Created & Designed by Jodi Mardenfeld JmVisualConcepts@yahoo.com