

**REGISTER TODAY!**  
[www.elitefeats.com/?CVAC5K](http://www.elitefeats.com/?CVAC5K)



**Suffolk County**  
**EMS Agency of the Year 2016**

6TH ANNUAL  
**COMMACK AMBULANCE**  
**RUN 5K**  
**FOR YOUR LIFE**  
**2017**



**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**



**FLAT, FAST  
COURSE!**

Race Timed by:



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](http://www.CommackAmbulance.org) or  
[5k@CommackAmbulance.org](mailto: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](mailto:JmVisualConcepts@yahoo.com)