



**Sunday, July 21, 2019 at FM High School
Run, Jog or Walk the 8th Annual
Fay-Man Day of Races Featuring:**

**The Jerry Bisson Memorial 5K
&
One Mile Cross Country Family Fun Run!**

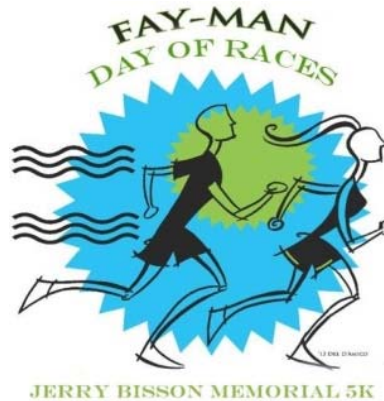
**Proceeds Benefiting the FM All Sports Booster Club and Upstate Golisano
Children's Hospital**

9:00 am – One Mile Cross Country Fun Run - \$15

9:30 am – The Jerry Bisson Memorial 5k

Adults \$30 thru July 18th; then \$35

New Student Rate (18 and under) \$20 thru July 18th; then \$25



Register or Donate Online at:

www.fayman.org

Free T-shirt to all runners registered by July 10th!

**Day of race packet pick-up at FM High School beginning at 7:30 am
or**

Fleet Feet Bridge Street on July 20th from 11:00 – 1:00

Sponsored by the FM All Sports Booster Club with all proceeds benefitting the General Fund and the Dr. William J. Waters Center for Children's Cancer and Blood Disorders at Upstate Golisano Children's Hospital

*All participants must sign waiver & those under 18 must provide signed parental consent form prior to race.

The Fayetteville-Manlius School District does not endorse and is not responsible for any business, service or event advertised in this flier.