



Record Set in Genesee ARC Friends & Family 5K

Elba - Michael Richenberg set a course record of 17:45 Saturday in Genesee ARC's 7th Annual Friends & Family 5K. This is the third year in a row that Richenberg, 21, of Elba ran away with top honors, shaving :59 off last year's time of 18:44 and soundly crushing the previous record of 18:03 set in 2008.

Buffalo resident Jill Graney, 43, was the first female across the line at 21:57, a :21 improvement over her 2010 time of 22:18.

Top honors in the 5K walk category went to Mary Scoins of East Pembroke, who crossed the finish line in 41:44 beating her 2010 time by 5:30 and breaking her own personal record.

There were 150 participants in the 5K race and walk, and another 150 in the untimed 1.5 mile fun walk, held at Genesee ARC's Day Habilitation Center Campus on Barrville Road.

Post race party entertainment included music by the "Buffalo Road Show," Magician Adam Michael, face painting, and the popular "Taste of Elba" display. The "Taste of Elba" has become a signature of the Friends & Family 5K. Area farmers donate a wide variety of fresh fruits and vegetables and event participants get to pick a sample bag to take home and enjoy.

Major event contributors include: Webster Szanyi, LLP, Title Sponsor; MVP Health Care, Health & Wellness Sponsor; Parkview Health Services, Corporate Sponsor; WBTA Radio, Media Sponsor; Genesee Valley Penny Saver, T-Shirt Sponsor, Batavia Downs Casino and the Western New York Harness Horsemen's Association, Entertainment Sponsors. Post party food was courtesy of Clor's Meat Market, T.F. Brown's, Tops Friendly Markets, Tim Horton's, Ficarella's Pizza and Upstate Niagara Cooperative. Additional support has been received from Community Cares, Blue Bonnet, Neighbor-to-Neighbor and Friends & Family sponsors.

Race Director, Sandy Konfederath, extends thanks to participants, sponsors, the Town of Elba and its Highway crew, the Genesee County Sheriff's Department, event volunteers and the 5K planning committee. "A lot of dedicated people help us put on an awesome community event," Konfederath said.

Funds raised in the Genesee ARC Friends & Family 5K support the Mary Anne Graney Memorial Scholarship and disability services provided by Genesee ARC. Mrs. Graney was the mother of a child with a disability, loyal supporter of Genesee ARC and a special education teacher - she died in 2004. In her memory, three \$1,000.00 scholarships are awarded annually to area high school students who plan to pursue careers in special education, human services or related fields.

Official Genesee ARC Friends & Family 5K race results can be found online at www.pcr-timing.com.



On your mark...get set...GO!



Michael Richenberg, Mary Scoins and Jill Graney



Winners Circle



Taste of Elba



Thank You!

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