



Byron Fire/ EMS 5K

July 26, 2025



A Fun Course



The course is along paved roads and on and off a cinder/gravel rail trail. A water stop will be at the 2-mile mark. Course is USATF certified – NY18105KL.

Post Race



There will be snacks and water after the race. There will also be a pancake breakfast served at the Firehall a short distance from the finish line. Medals will be frosted cut out cookies from Haan's bakery in Medina.

General Information

Age groups:

14 and under 15-19 / 20-29 / 30-39 / 40-49 / 50-59 / 60-69 / 70-79 and 80+

1st and second get cookie medals

Kid's race at 8:00 for all ages. Age groups set on Race Day. Prize for all finishers. 5K walk/run starts at 8:30.

Score This will be keeping race times and posting result.

Register online at [core This](#)

The race will start at the Byron Community Park across from the Post Office and next to Dollar General

