

Two Valentine's Day-themed 5Ks scheduled: CNY Running Scene



The start of the 2014 Cupid's Chase 5K at Onondaga Lake Park in Liverpool. (Dave Lassman |dlassman@syracuse.com)



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This weekend's Central New York running scene features two Valentine's Day-themed, 5K races -- both taking place on Saturday.

Cupid's Chase 5K Run/Walk: 8 a.m. Saturday, Onondaga Lake Park, Liverpool. All proceeds will go toward supporting people with disabilities. Community Options, Inc. invites walkers, runners, joggers, and rollers (baby strollers and wheelchairs) to come out and participate. For more, see onondagacounty.parks.com.

Feel the Love 5K: 11 a.m. Saturday, Cortland Regional Medical Center, 134 Homer Ave, Cortland. Free chili, soup, coffee and hot chocolate to participants. Prizes for top 3 in age group up to 70-plus. New this year is a "Run with your Hun" division. All proceeds will benefit the Cortland Memorial Foundation, which supports the medical center. For more, see crmcraces.com.

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