

2026

SYRACUSE WORKFORCE RUN



TUESDAY, JUNE 9 | 6:45 PM

ONONDAGA LAKE PARKWAY, LIVERPOOL

TO
REGISTER
VISIT:



www.upstate.edu/syrrun

The **Syracuse WorkForce Run** is an opportunity for the Upstate team to come together for fitness and fun.

Your participation in the Syracuse WorkForce Run will help support the **Ronald McDonald House Charity (RMHC) of CNY**. The RMHC of CNY provides a temporary home for families with seriously ill children that travel to Syracuse for medical care. Syracuse Workforce Run corporate teams and individuals can support this great charity.

Entry Fee: \$43

Deadline for registration is **MAY 18, 2026**. Each employee who registers will receive an Upstate shirt for the event. After the race, a buffet dinner will be served.

Shirt back



The course is a certified 5k and subject to change.

Shirt front



Please note this event is exclusive to employees.

ELIGIBILITY: Participants who are competing in the team scoring competition must be actively employed for their organization, working a minimum of 20 hours a week. Actively employed includes the following types of employee: full time, part time, temporary and interns. Those who are ineligible to participate as part of their organization's team include: employees on leave or sabbatical, volunteers, non-employees, club members, and sub-contractors.

For more eligibility requirements please visit:
www.syracuseworkforcerun.com/rules

TEAM
UPSTATE
MEDICAL UNIVERSITY