



NEW YORK STATE SENATOR

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Push Yourself 5k Aids Local Causes

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On Sunday morning, I had the privilege to visit with participants at the Push Yourself 5k at Ellison Park. This was the third year of the event, which was held to benefit the Rochester Area CrimeStoppers and the Lymphoma/Leukemia Society. Rochester homicide victim Paul Vasconcellos II was remembered during the 5k. He was killed two years ago, and his case remains unsolved. His father Paul Vasconcellos Sr. was on hand for the event. Also, funds were raised for Dan Prinzi, a teacher in Webster, who was diagnosed with Hodgkin's Lymphoma. Nearly 500 runners took place in the Push Yourself 5k. For more information on Push Yourself, visit their website at <http://pushyourself.com/Home.aspx>.