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**PRESS RELEASE**  
**FOR IMMEDIATE RELEASE**  
**6<sup>th</sup> Guts & Grit and 1-Miler Walk**

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**ELMIRA, NY** – Able2 will host its **6<sup>th</sup> Guts & Grit 5K and 1-Miler Walk** on Sunday, October 12<sup>th</sup>. The event will be held at **Eldridge Park in Elmira, NY**. Able2 invites everyone of all ages and abilities to bring their competitive spirit for a day of fun, fitness and fundraising.

Bib pick-up and Registration opens at 8:30 AM the day of the event. The 5K begins promptly at 9:30 AM with the 1 Mile Walk starting immediately after at 9:35 AM.

To continue celebrating Able2's 75<sup>th</sup> anniversary this year, **everyone who registers in advance by September 23<sup>rd</sup> and participates on race day, will receive an Able2 Guts & Grit tee-shirt.**

**To register, please click here:** [Able 2 Guts & Grit 5k & 1-Miler](#). Registration closes on October 8, 2025 at 11:59am EST.

Those that cannot participate can [click here](#) to make a donation to the Guts & Grit race and fundraiser! Money raised will support the work of Able2, ensuring people with disabilities develop their talents, reach their goals, and become strong contributors to their communities.



Sponsorship opportunities are available for this event. Investment levels range from \$500 - \$1,000 and include a range of benefits, including promotional consideration, event tee-shirt branding and signage along the race/walk route. Please visit the [Able2 website](#) to download the [Sponsorship form](#). For all event and Able2 updates, follow [Able2's Facebook](#).

Able2, formerly known as the Cerebral Palsy and Handicapped Children's Association of Chemung County, has served the region for 75 years. While the services offered have changed, Able2's core values remain the same: to serve and protect people with developmental disabilities by creating opportunities for them to live their best life and be contributors to the community.

Able2 is a member of the [Alliance for Empowerment](#) network. Alliance for Empowerment was formed in 2022 as the administrative parent organization of Able2 and Capabilities, Inc., both of which serve people with disabilities in the Chemung County area.

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