For	rm 5500-SF	Short Form Annual I	hort Form Annual Return/Report of Small Employee Benefit Plan				OMB Nos. 1210-0110 1210-0089		
Department of the Treasury Internal Revenue Service		Benefit Plan This form is required to be filed under sections 104 and 4065 of the Employe			ee		2013		
Employee B	epartment of Labor enefits Security Administration Retirement Income Security Act of 1974 (ERISA), and sections 6057(b) and 60 the Internal Revenue Code (the Code).						This Form is Open to Public Inspection		
	enefit Guaranty Corporation	 Complete all entries in according 	ordance with the instrue	ctions to the Form 550	0-SF.				
Part I Annual Report Identification Information									
	For calendar plan year 2013 or fiscal plan year beginning 01/01/2013 and ending 12/31/2013								
A This ref	turn/report is for:	X a single-employer plan	a multiple-employer p	lan (not multiemployer)		a one-particip	oant plan		
B This return/report is:									
		an amended return/report	ended return/report a short plan year return/report (less than 12 months)						
C Check	box if filing under:	Form 5558				DFVC program			
	0	special extension (enter descript							
Part II	Basic Plan Inform	mation—enter all requested inforr	,						
1a Name		<u></u>			1b	Three-digit			
	•	EMS CORP. PROFIT SHARING AN	ND 401(K) PLAN			plan number			
						(PN) 🕨	001		
					1c	Effective date of 08/01/	•		
 2a Plan sponsor's name and address; include room or suite number (employer, if for a single-employer plan) FRONTRUNNER NETWORK SYSTEMS, CORP. 412 LINDEN AVE ROCHESTER, NY 14625-2702 					2b	Employer Identif (EIN) 98-03			
					2c	Sponsor's telephone number 585-899-4502			
					2d	Business code (see instructions) 541513			
3a Plan a	dministrator's name and	address XSame as Plan Sponsor	Name Same as Plar	n Sponsor Address	3b	Administrator's EIN			
4 If the	aamo and/or EIN of the r	alan sponsor has shanged since the	a last roturn/roport filed f	or this plan, optor the			elephone number		
name	 4 If the name and/or EIN of the plan sponsor has changed since the last return/report filed for this plan, enter the name, EIN, and the plan number from the last return/report. a Sponsor's name 				4b EIN 4c PN				
_		t the beginning of the plan year			5a		75		
 b Total number of participants at the end of the plan year 					5b		83		
C Number of participants with account balances as of the end of the plan year (defined benefit plans do not					50		00		
					5c		67		
6a Were	6a Were all of the plan's assets during the plan year invested in eligible assets? (See instructions.)								
	b Are you claiming a waiver of the annual examination and report of an independent qualified public accountant (IQPA) under 29 CFR 2520.104-46? (See instructions on waiver eligibility and conditions.)								
		ber line 6a or line 6b, the plan can					X Yes No		
-		plan, is it covered under the PBGC					Not determined		
Caution: A	penalty for the late or	incomplete filing of this return/r	eport will be assessed	unless reasonable cau	ise is	established			
Caution: A penalty for the late or incomplete filing of this return/report will be assessed unless reasonable cause is established. Under penalties of perjury and other penalties set forth in the instructions, I declare that I have examined this return/report, including, if applicable, a Schedule SB or Schedule MB completed and signed by an enrolled actuary, as well as the electronic version of this return/report, and to the best of my knowledge and belief, it is true, correct, and complete.									
SIGN	Filed with authorized/va	alid electronic signature.	07/08/2014	JAMES WILLIAMS	MES WILLIAMS				
HERE	Signature of plan adr	ninistrator	Date	Enter name of individual signing as plan administrator					
SIGN	Filed with authorized/va	alid electronic signature.	07/08/2014	JAMES WILLIAMS					
HERE	Signature of employe	er/plan sponsor	Date	Enter name of individu	ual sig	ining as employe	r or plan sponsor		
Preparer's	name (including firm nar	me, if applicable) and address; inclu	ude room or suite numbe		_		number (optional)		

a Tota	n Assets and Liabilities		(a) Beginning of Yea	(b) End of Year					
u 1010	al plan assets	7a	398941	2	4430897				
b Tota	al plan liabilities	7b		0	0				
C Net	plan assets (subtract line 7b from line 7a)	7c	398941	4430897					
8 Inco	ome, Expenses, and Transfers for this Plan Year		(a) Amount				(b) To	otal	
	tributions received or receivable from:	0-(1)		0					
	Employers	8a(1)	23259	-	_				
	Participants	8a(2) 8a(3)	18462						
(3) Others (including rollovers) b Other income (loss)			59617						
	al income (add lines 8a(1), 8a(2), 8a(3), and 8b)	8b 8c	00011	<u> </u>				1013395	
	hefits paid (including direct rollovers and insurance premiums	00						1010000	
	to provide benefits)		56210						
e Cer	e Certain deemed and/or corrective distributions (see instructions)		366						
f Adm	f Administrative service providers (salaries, fees, commissions)		614	6142					
g Oth	er expenses	8g		0					
h Tota	al expenses (add lines 8d, 8e, 8f, and 8g)	8h						571910	
-	income (loss) (subtract line 8h from line 8c)	8i			_			441485	
j Trar	nsfers to (from) the plan (see instructions)	8j		0					
Part V	Compliance Questions								
10 During the plan year:					Yes	No		Amount	
	a Was there a failure to transmit to the plan any participant contributions within the time period described in								
				10a		Х			
	ere there any nonexempt transactions with any party-in-interest n line 10a.)	ciary Correct ? (Do not inc	ction Program) clude transactions reported	10a 10b		x x			
on	ere there any nonexempt transactions with any party-in-interest	ciary Correct ? (Do not inc	ction Program) clude transactions reported		X			350	
on c W d Die	ere there any nonexempt transactions with any party-in-interest n line 10a.)	iciary Correct? (Do not inc	ction Program) clude transactions reported	10b	×			350	
c W d Dir or e W ins	ere there any nonexempt transactions with any party-in-interest n line 10a.)	iciary Correc ? (Do not ind fidelity bond her persons I of the benefi	ction Program) clude transactions reported , that was caused by fraud by an insurance carrier, its under the plan? (See	10b 10c 10d	X	Х		350	
c W d Dia or e Wa ins ins	ere there any nonexempt transactions with any party-in-interest n line 10a.) /as the plan covered by a fidelity bond? d the plan have a loss, whether or not reimbursed by the plan's dishonesty? ere any fees or commissions paid to any brokers, agents, or oth surance service, or other organization that provides some or all structions.)	iciary Correct ? (Do not ind fidelity bond her persons I of the benefi	ction Program) Clude transactions reported	10b 10c 10d 10e	X	x x x		350	
c W d Dia or e W ins ins f Ha	ere there any nonexempt transactions with any party-in-interest n line 10a.)	iciary Correc ? (Do not ind fidelity bond her persons I of the benefin?	ction Program) clude transactions reported , that was caused by fraud by an insurance carrier, its under the plan? (See	10b 10c 10d 10e 10f		x x			
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on C W d Dirior e Win ins ins f Ha g Diri h Ift 25 i If ex Part VI 11 Ist 55 11a En 12 Is (If a Ifa gra	ere there any nonexempt transactions with any party-in-interest a line 10a.)	iciary Correct ? (Do not ind fidelity bond her persons l of the benefin n? s of year end (See instruct he required r 1-3 ents? (If "Ye om Schedul requirement as applicab ng amortized	ction Program) clude transactions reported clude transactions reported that was caused by fraud by an insurance carrier, its under the plan? (See context of section 412 of the Code context of section 412 of the Code cle.) the this plan year, see instructions and comtext of section 412 of the Code context of section 412 of the Code	10b 10c 10d 10e 10f 10g 10h 10i e or see	Scheo	X X X X X dule SE 11a 302 of	ERISA?	139	

C	Enter the amount contributed by the employer to the plan for this plan year	12c					
d	Subtract the amount in line 12c from the amount in line 12b. Enter the result (enter a minus sign to the left of a negative amount)	12d					
е	Will the minimum funding amount reported on line 12d be met by the funding deadline?		Yes	No N/A			
Part VII Plan Terminations and Transfers of Assets							
13a	Has a resolution to terminate the plan been adopted in any plan year?	Ye	es X No				
	If "Yes," enter the amount of any plan assets that reverted to the employer this year	13a					
b	Were all the plan assets distributed to participants or beneficiaries, transferred to another plan, or brought under the c of the PBGC?	ontrol		Yes X No			
C If during this plan year, any assets or liabilities were transferred from this plan to another plan(s), identify the plan(s) to which assets or liabilities were transferred. (See instructions.)							
13c(1) Name of plan(s):			l(s)	13c(3) PN(s)			
Part	VIII Trust Information (optional)		1				
14a Name of trust			14b Trust's EIN				