

## ABOUT THE COURSE

The open 10K is a hilly course with its challenge at the start. The 5K is an “out and back” on rolling hills. The 2 mile Walk starts on Lake Street and proceeds “out and back” Cemetery and Butternuts. The kids “little loop” is approx. 1/2 mi. total (out and back), starting and ending at the start/finish line with ribbons given.

**THANK YOU TO OUR SPONSORS!** We are proud to be part of the

Route 20 Road Challenge!

Visit [www.nyroute20.com](http://www.nyroute20.com) for more information.

Questions? Contact Bill Kosina  
315-749-3286 [jabkos@verizon.net](mailto:jabkos@verizon.net)  
Home of The Zone Youth  
Program



## April 13, 2019

### 5K, 10K 2 Mile

### Walk and Kids

### “Little Loop”

# ZONE RUN & WALK

**New: Free draft beer/  
soda or bottled water** for  
every registered  
runner/walker



## Event Registration:

8 - 9:45 am on April 13, 2019

**Place:** Richfield VFW - Lake St,  
Richfield Springs, NY 1/8 mile South  
of Route 20

## RACE START TIMES

9:30 am - Kids "Little Loop" 9:45 am -  
10K, and 10 am- 5K and 2 mile walk

## REGISTRATION FEES

Kids "Little Loop" Registration Fee:  
**FREE** Rewards for all Little Loopers

### Run or Walk Registration Fees for Adults and Students:

Pre- Registration (postmarked on or  
before 4/13/19): \$25 Day of Race: \$30

## AWARDS

- Tech-shirts to the first 75 entrants  
(5K/10K & 2mi)
- Trophies - overall male/female  
(5K/10K)
- 1st - 3rd place awards for age groups  
up to 80-89 (5K/10K)

Register online at [www.runsignup.com](http://www.runsignup.com)  
or mail check and application to Bill  
Kosina, 1434 County Highway 25,  
Richfield Springs, NY 13439

## RSCC RUN/WALK APPLICATION

Name: \_\_\_\_\_

Age (on 4/13/19): \_\_\_\_\_

Gender (circle one): M F  
Course Type (circle one): 10K Run  
5K Run 2 mile Walk "Little Loop"

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Amount: \_\_\_\_\_

T-Shirt (circle one): Small Medium  
Large XL

**WAIVER** In consideration of acceptance  
of this application, I, the undersigned,  
intending to be legally bound, hereby, for  
myself, my heirs, executors, administrators,  
and assigns waive any and all rights and  
claims for damages I may have against the  
Richfield Springs Community Center, their  
representatives, and successors for any  
and all injuries suffered by me at the races  
to be held in Richfield Springs, on **April 13,**  
**2019**. I verify that I am physically fit and  
have trained sufficiently for the competition.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Guardian (under  
18) \_\_\_\_\_

-

Date \_\_\_\_\_

**Please make checks payable to:**  
**"RSCC" Mail check and applications**  
**to: Bill Kosina**