

Event Registration: 7 - 7:45 am on July 19, 2020

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

RACE START TIMES

7:30 am - Kids "Little Loop"
7:45 am - 10K
8:00 am - 5K and 2 mile walk

REGISTRATION FEES

Kids "Little Loop" Registration Fee: \$1.00 (No t-shirt)
Run or Walk Registration Fees for Adults and Students:
Pre- Registration (postmarked on or before 7/11/20): \$20
Day of Race: \$25
Family Walk Special: \$25 (One t-shirt, but each family member will get a beverage at the end)

AWARDS

- Tech-shirts to the first 50 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/rscc or mail check and application to Bill Kosina, 1434 County Highway 25, Richfield Springs, NY 13439

RSCC RUN/WALK APPLICATION

Name: _____

Age (on 7/19/20): _____ Gender (circle one): M F

Address: _____

Email: _____

Amount: _____

Course Type (circle one): 10K Run 5K Run
2 mile Walk as a Family 2 mile Walk Kids "Little Loop"

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 **July 19, 2020**. 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

1434 County Highway 25

Richfield Springs, NY 13439



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. ½ mi. total (out and back), starting and ending at the start/finish line with ribbons given.

THANK YOU TO OUR SPONSORS!

Be sure to check out our Sponsors Board proudly displayed at the event!

We are proud to be part of the

Route 20 Road Challenge!

Visit www.nyroute20.com for more information.

Questions? Contact Bill Kosina
315-749-3286



RichfieldSprings
Community Center

Home of The Zone Youth Program

18th Annual RUN & WALK Sunday, July 19, 2020

(Rescheduled from April, 11,2020)

**5K, 10K, 2 Mile Walk and
Kids “Little Loop”**

New price to **Join the Walk as a Family!**

Enjoy A Free Draft Beer*,
Soda or Bottle Water
for every runner & walker!



*Must be 21 or over