



For Media Inquiries Contact:

Bill Kosina

e-mail: bill@richfieldzone.org

Phone: 315-749-3286

For Immediate Release

REGISTRATION DEADLINE NEARS FOR RUN AND WALK

The Richfield Springs Community Center's *18th Annual Zone Run and Walk* is scheduled for this Sunday, July 19. It is sanctioned by the Route 20 Road Challenge.

Categories include a 5K, 10K, and 2 mile walk." Complete race information and pre-registration are available by going to www.richfieldspringscommunitycenter.org or www.runsignup.com/RSCC. Participants may also register race day from 7:00–8:00 a.m. at the Vet's Club, 13 Lake Street, Richfield Springs

All safety guidelines will be strictly adhered to by event organizers/participants including each category being limited to the first 50 registered runners/walkers. As a precautionary measure, we cannot allow anyone under the age of 18 to participate this year.

10K starts at 8:00 a.m., 5K at 8:15 a.m. and 2 mile walk begins at 8:05 a.m. The races begin on Lower Lake Street. Participants return to the Vet's Club for awarding of trophies and the drawing of door prizes, special raffles and a 50/50 raffle. Free snacks for everyone and a complimentary draft beer for those registered runners/walkers 21 and over and also a soda/water for those either under 21 or for those wishing not to have a draft beer.

The Run and Walk's coordinator is Bill Kosina and can be reached by calling 315-749-3286 or e-mailing bill@richfieldzone.org

For more information regarding the Richfield Springs Community Center and its programs, contact the Center at 315-858-3200, check out our website at www.richfieldspringscommunitycenter.org and Like Us on Facebook: Richfield Springs Community Center.