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For Immediate Release

CROSS COUNTRY RUN/WALK REGISTRATION OPENS

The *Falling Footsteps (Fun in the Mud) 5K and 1 Mile Walk* will be held on Saturday, August 29. The event will be held at the Richfield Springs Sportsmen's Club, 1497 County Highway 25 in Richfield Springs.

This event, part of the 21st Annual Route 20 Road Challenge, consists of a 5k cross country trail run consisting of water, mud and hill encounters during the course of the run. Participants may also opt to do the scenic one mile walk. The run starts at 9:00 a.m. The walk starts at 9:05 a.m.

Pre-registration is \$15; day of registration is \$20. Deadlines: Online registration by August 27 at runsignup.com/rsccmud Hard copy registration must be postmarked by August 19 and can be downloaded at www.richfieldspringscommunitycenter.org Day of registration is from 7:30 a.m. – 8:45 a.m.

All safety guidelines will be strictly adhered to by event organizers/participants including each category being limited to the first 50 registered runners/walkers. Those under the age of 18 must have guardian-signed permission to participate.

Prizes will be awarded for the top three in each age group. All registrants will receive a beverage glass. Proceeds will benefit programming at the Richfield Springs Community Center.