

Event Registration: 7 - 8 am on July 21, 2024

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

Race Starts at 8:15 am

REGISTRATION FEES

Run Registration Fees

Adults:

Pre-Registration without shirt (postmarked by 6/30/24): \$20
Day of Race without shirt: \$25

Children 12 and under:

Pre-Registration without shirt (postmarked by 6/30/24): \$10
Day of Race without shirt: \$12

Walk Registration Fees

Pre-Registration (postmarked by 6/30/24): \$15
Day of Race: \$20

Tech Shirts size small - xl are available for \$10 each. Size xxl and xxxl are \$12.50. To guarantee a shirt, you must order on application and post mark by 6/30/2024. Limited quantities will be available for purchase the day of the event.

AWARDS

- 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 7/21/2024): _____ Gender (circle one): M F

Address: _____

Email: _____

Amount: _____

Course Type (circle one):

10K Run 5K Run 2 mile Walk

Shirt Size: Small Medium Large XL XXL XXXL

Shirt Type: Short Sleeve Sleeveless

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 21, 2024**. I verify that I am physically fit and have trained sufficiently for the competition. If 14 or younger, a guardian needs to be present the day of the event.

Signature _____ Date _____

Guardian Signature: _____ 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.

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

bill@richfieldzone.org



Stewart's Shops is the exclusive Corporate Sponsor of the RSCC Sundae Run & Walk



22nd Annual RSCC SUNDAE RUN & WALK

Sunday, July 21, 2024

5K, 10K, and 2 Mile Walk



**FREE ICE CREAM FOR
EACH PARTICIPANT**

New lower price with the option to buy a shirt and special pricing for 12 and under

