

# Riverside FCA River Run 2020

*Goin' Virtual!*

Proceeds will go to  
benefit Jamie Smith and  
family.

Run/walk:

Saturday August 31-  
Sept 10, 2020

**Race Start and Finish:**

Corner of 4th Street and St. Joseph St in  
downtown  
Wathena, Kansas

For more information call:  
(816) 273-3098

## Entry Fees:

5k and 10k \$7. With shirt \$15.

T-shirts can be delivered or picked up  
after Aug 31.

Checks payable to: Riverside FCA

**Course:** Fairly flat 5k, Rolling to  
Moderate Hills on 10k (alternate course  
may be ran depending on river level)

**Awards:** Top Male and Female overall in  
5k and 10k, plus medals to top three in  
each age group. Participant medals for  
fun run.

Run either the 5k or 10k course and  
post your best time(s) for the time  
period on our Riverside FCA facebook  
page, email to milerstar1 at gmail.com  
or text us.

**All results wand medals will be  
available Sept 11 at:**

www.runningforthefuture.com

**Online Registration Available at**

www.runningforthefuture.com

Registration and time submission  
deadline is 11:59pm on Sept 10.

Participants encouraged to run/walk  
course as many times as you want to  
better your times.

## Entry Form (Please fill out completely)

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

Age: \_\_\_\_\_ Sex: M or F

Phone: \_\_\_\_\_

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

City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_

Age Group: 5-9 10-19 20-29 30-39  
40-49 50-59 60-69 70 and above

Race: 5k 10k Kids Run

Email Address\* \_\_\_\_\_

Shirt Size: YL, S, M, L, XL, XXL, XXXL

**Waiver:** I know that running/walking in a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking in the 2018 Fall Festival River Run, including but not limited to falls, contacts with other participants, the effects of the weather including high heat and/or humidity, low temperature, traffic and conditions of the road, all risks being known and appreciated by me. Having read this release and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf or on behalf of my estate, waive and release JIM CERA, CITY OF WATHENA, WATHENA FALL FESTIVAL, FCA and all sponsors of the race, any other persons assisting with the race, the officers, board members, agents, servants, employees, and their successors and assigns of each and every of the above from all claims or liabilities of any kind arising out of my participation in the run/walk even though the liability may arise out of negligence or carelessness on the part of the persons referred to in this waiver. I also realize that in the event of cancellation for any reason outside of above listed persons' control, there will be no refund of entry fees.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature (if under 18):  
\_\_\_\_\_



**WATHENA, KS**

**AUGUST 31  
-SEPT 10  
2020**

Presented by:



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Riverside FCA

River Run 5k/10k  
c/o Riverside FCA - Jim Cera  
PO Box 38  
Wathena, KS 66090