



**Saturday Aug 31, 2024**

**Race Start and Finish:**

Corner of 4th Street and St. Joseph St in downtown

Wathena, Kansas

**For more information call:**

**(816) 273-3098**

**milerstar1@gmail.com**

**Start Times:**

**5k/10k run/walk: 8:00 am**

**Kids fun run: 8:05 am**

All proceeds to benefit the American Cancer Society and student-athletes at Riverside High School.

**Entry Fees:**

5k and 10k - \$25, Kids Run is Free!

*NEW EVENT! – 20# Ruck 5k*

**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.

**All results will be available at:**

[www.runningforthefuture.com](http://www.runningforthefuture.com)

**ONLINE REGISTRATION at**  
[www.runningforthefuture.com](http://www.runningforthefuture.com)

Or register by mail

Or race day prior to 8:00am

**T-Shirts will be included with entry fee.**

**MAPS AND PREVIOUS RESULTS AT:**

**WWW.RUNNINGFORTHEFUTURE.COM**

**Entry Form (Please fill out completely)**

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

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

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

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

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

**Race:** 5k 10k Kids Run

*NEW EVENT- 20# Ruck 5k*

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

**Adult Shirt Size:** S, M, L, XL, XXL

**Waiver:** I know that running/walking in a road race is a potential 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 2024 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):**

\_\_\_\_\_

PO Box 38

c/o Riverside FCA - Jim Cera

River Run 5k/10k



**Wathena, KS**

**Aug 31, 2024**

Presented by:



**Thanks to our sponsors:**

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