

# RUN FOR CHRIST 5K 10K RUCK DEFEAT CANCER

**Saturday Aug 30, 2025**

**Race Start and Finish:**

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

Wathena, Kansas

**For more information call:**

**(816) 273-3098**

**millerstar1@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!

*3rd year!! - 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)**

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



**Online Reg:**

**MAPS AND PREVIOUS RESULTS AT:**

**[WWW.RUNNINGFORTHEFUTURE.COM](http://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 VENT- 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 the above listed persons' control, there will be no refund of entry fees.

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

**Parent Signature (if under 18):**

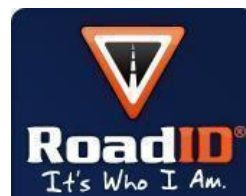
\_\_\_\_\_

**RUN  
FOR  
CHRIST  
5K  
10K  
RUCK  
DEFEAT CANCER**

**Wathena, KS**

**Aug 30, 2025**

Presented by:



**Thanks to our sponsors:**

Back to Health

Wathena Car Wash

MCON

Dr. Jordan Bauman

Ok Trophy

Kansas Chief Newspaper

Road Runner Sports

Riverside FCA

American Family Insurance - Mark  
Newton

State Farm Insurance - Jessica  
Studer

Farmers State Bank Wathena  
Annie Jensen - Dreamy Designs

River Run 5k/10k

c/o Riverside FCA - Jim Cera

PO Box 38

Wathena, KS 66090