



Saturday Sept 2, 2023

Race Start and Finish:

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

Wathena, Kansas

For more information call:

(816) 273-3098

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 - \$20, 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

**NO ONLINE REGISTRATION - ONLY
RACE DAY OR BY MAIL.**

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- Rucksacking (20 lbs min) 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 2023 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 carelessmess 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 66090

PO Box 38

c/o Riverside FCA – Jim Cera

River Run 5k/10k


River Run
5k and 10k Run/Walk

Wathena, KS

September 2, 2023

Presented by:



Thanks to our sponsors:

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Wathena Car Wash
MCON

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