



**For Media Inquiries Contact:**

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**For Immediate Release**

**REGISTRATION OPENS FOR RUN AND WALK**

The Richfield Springs Community Center is currently accepting registrations for its *19<sup>th</sup> Annual RSCC "Sundae" Run and Walk* scheduled for Sunday, July 19. It is sanctioned by the Route 20 Road Challenge. Make-your-own ice cream sundaes, post event, available for all participants--compliments of Stewart's Shops!

Categories include a 5K, 10K, and 2 mile walk. 10K starts at 8:00 a.m., 5K at 8:15 a.m. and 2 mile walk begins at 8:20 a.m. Participants may also register race day from 7:00–8:00 a.m. at the Vet's Club, 13 Lake Street, Richfield Springs

The races begin on Lower Lake Street. Complete race information and pre-registration are available by going to [www.richfieldspringscommunitycenter.org](http://www.richfieldspringscommunitycenter.org) or [www.runsignup.com/RSCC](http://www.runsignup.com/RSCC).

Current CDC safety guidelines will be strictly adhered to by event organizers/participants including each category being limited to the first 50 registered runners/walkers per event. The first 50 participants that register will receive a free event tech shirt.

Participants return to the Vet's Club for awarding of trophies and the drawing of special raffles and a 50/50 raffle. Offered will be a complimentary beer for the first 50 registered runners/walkers 21 and over and also a soda/water for those either under 21 or for those wishing not to have beer.

The Run and Walk's coordinator is Bill Kosina and can be reached by calling 315-749-3286 or e-mailing [bill@richfieldzone.org](mailto:bill@richfieldzone.org)

For more information regarding the Richfield Springs Community Center and its programs, check out our website at [www.richfieldspringscommunitycenter.org](http://www.richfieldspringscommunitycenter.org) and Like Us on Facebook: Richfield Springs Community Center.