

Save The River®



Upper St. Lawrence RIVERKEEPER®

Thanks to participation from hundreds of runners and walkers like you, the *Run for the River 5K/10K* has raised thousands of dollars for Save The River's advocacy, education and research programs!

Thank you for
supporting
Save The River!

Since 1978 Save The River's mission has been to restore, preserve and protect the Upper St. Lawrence River now and for generations to come. We achieve this through advocacy, education and research funded by membership and events like Run for the River.

Save The River is celebrating more than 40 years as the voice for the River.

To learn more about Save The River and how you can get involved, visit savetheriver.org

409 Riverside Drive
Clayton, NY 13624



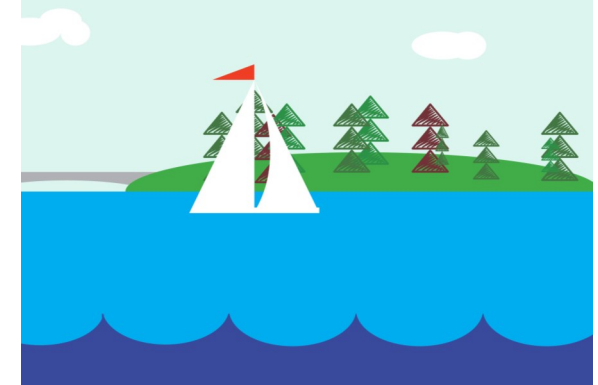
Save The River®



Upper St. Lawrence RIVERKEEPER®

17th Annual
Run for the River™
5K/10K

Saturday, July 27, 2019
Frink Park, Clayton
9:00 a.m.



Save The River's Run for the River 5K/10K

Course Map

How you can register:

1. **Pre-Register On-line** - Visit ZippyReg.com, search for Save The River, and follow instructions to register on-line. Online registration is available now and is subject to additional online registration fees.
2. **Pre-Register with enclosed registration form** - Fill out the form and mail to ARE Event productions (P.O. Box 38195 Albany, NY 12203)
3. **Race Day registration** - Saturday, 7:30 a.m. to 8:45 a.m. at Frink Park on the day of the race.

Cost:

	Pre-Registration (by 6/30)		Registration (7/1—Race Day)	
STR Members	\$20 5k	\$25 10k	\$25 5k	\$30 10k
Non-Members	\$25 5k	\$30 10k	\$30 5k	\$35 10k

Register by 6/30 for discounted rates & a free T-shirt!

Become a Save The River member at savetheriver.org to take advantage of discounted member fees for race registration,



Race Day Schedule:

7:30 a.m. - If you have already registered proceed to Pre-Registration tables for packet pick up. If you still need to register head to the Registration table to register. Any person under 18 must have a parent or guardian to sign on their behalf. Payment can be made with cash, check, or credit card.

8:45 a.m. - Race Day Registration Ends. Line up for start of race at the start line.

9:00 a.m. - Run for the River 5K/10K Begins! Good luck to all runners and walkers! Timing results will be posted on the Pavilion.

Approximately 10:15 a.m. - Announcement of race results and medals presentation.

Race results posted on savetheriver.org within 48 hours of the race.

Questions?

Please contact Save The River

at (315) 686-2010 or bridget@savetheriver.org

Course Description

Run on the banks of the St. Lawrence River with this fast and flat course. Begin at Frink Park in downtown Clayton and wind your way through town. Run out to Washington Island with water stations at the entrance and exit of the causeway. Then run back through town ending with a beautiful view of the St. Lawrence River. The finish line is right back to Frink Park. The 10K route loops the course twice.

ATTENTION!

Chip Timed Event by ARE Event Productions! Save The River's *Run for the River 5K/10K* will be using chip timing software again this year to provide accurate personal times for all participants.

Run for the River 5K/10K Registration Form

(1 per person)

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and have trained properly. I agree to abide by any decision of a race official as to my ability to safely complete the event. I assume all risks associated with running in this event, including, but not limited to, contact with runners, falls, the effects of the weather including humidity and temperature, road conditions including traffic and the actions of motorists and adjoining landowners whether unintentional or intentional, and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release all sponsoring and affiliated parties including the Save The River Board, race directors and volunteers, Town of Clayton, Clayton Police Dept. and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I further grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or other record of this event for any legitimate purpose. I also understand that all entry fees are non-refundable.

First Name: _____ **Last Name:** _____

Participant Signature (parent/guardian required if under 18)

**PARTICIPANTS WILL NOT BE ABLE TO
PICK UP THEIR PACKETS OR RUN
WITHOUT A VALID SIGNATURE**

X _____

Address: _____

City/State/Zip: _____

Phone: _____ **Email:** _____

Gender (M/F): _____ **Birthdate:** _____ **Age (on race day):** _____

Shirts only available to pre-registrants that register by 6/30

Shirt Size (Circle one): S M L XL XXL No Shirt. Thanks Anyway!

Race Length (Circle one): 5K 10K

Amount Paid (Circle one) : Pre-registration (by June 30th) Registration (7/1—Race Day)

STR Members: \$20 5k \$25 10k \$25 5k \$30 10k

Non STR Members: \$25 5k \$30 10k \$30 5k \$35 10k

**For the safety of all participants:
No jogging strollers or dogs are permitted
on the race course.**

**If you are mailing your registration, please complete
this registration form clearly and completely and
mail with checks payable to:**
AREEP
P.O. Box 38195
Albany, NY 12203

We need your help! Do you have a family member or friend who would like to volunteer instead?

Name: _____ Phone # _____