

**2010 Towanda Riverfest
5K Run/Walk
August 28, 2010**

The 7th Annual Towanda Riverfest 5K Run/Walk will be held on Saturday, August 28, 2010. The run and walk will begin at 9:00 A.M. The pre-registration fee is \$15.00 for which participants receive refreshments, awards for top run finishers and a \$2.00 coupon for carnival rides on Saturday afternoon from 1:00 P.M. to 5:00 P.M. The first 80 registered participants will receive a Towanda Riverfest 5K Run/Walk T-shirt.

There will be 8 categories for the runners this year, which include: 10 and under; 11 to 14; 15 to 18; 19 to 29; 30 to 39; 40 to 49; 50 to 59 and 60 and over. The event has hosted approximately 100 participants annually. Many valuable items have also been won in the Towanda Riverfest 5K and Road ID raffle.

Completed registration forms and fees should be returned by August 18, 2010 to event coordinator, Les Sheridan, at 9 Watts St., Towanda PA. 18848. Please make checks payable to: *Towanda Riverfest 5K Run/Walk*. For more information call 570-265-8942.

Applicants under the age of 18 must have signed parent permission to participate in either event. Registration will take place the day of the event from 8:00 A.M. at the staging area. The entrance fee on the day of the run/walk will be \$18.00.

The staging area is located near the rear of the county courthouse across from the police station in downtown Towanda. Ample parking is available. The run/walk route follows the right-hand lane of Merrill Parkway along the beautiful Susquehanna River to the turnaround point 1.6 miles away. Participants will continue around the turnaround and return to the start finish line near the courthouse using the right-hand lane on the return route.

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Run begins at 9:00 A.M. Walk begins at 9:00 A.M.

Registration Form

Name: _____

Address: _____
Street or Rural Delivery Box Number Town or City State & Zip

Telephone No.: _____
Area Code Number

Email Address _____

Male _____ Female _____

5K Walk _____ Age _____ 5K Run _____

T-Shirt Size: S _____ M _____ L _____ XL _____ XXL _____

Applicants under the age of 18 must have parent permission to participate in either event:

(Parent Signature) (Date)

Pre-registration Fee: **\$15.00**. Please return registration forms and fees by **August 18, 2010** to:
Les Sheridan, Coordinator, 9 Watts St., Towanda, PA 18848. Make checks payable to:
Towanda Riverfest 5K Run/Walk.

The staging area for the run/walk is located near the rear of the county courthouse, across from the Towanda Police Station. Registration will also be held at the staging area the day of the event from 8:00 A.M. to 8:45 A.M. **The registration fee on the day of the event will be \$18.00.**