

Run On The River

Course Description:

The 10K and 5K Run will begin and end at Derek Kotecki Memorial Park. The course leaves the park and heads to the scenic Wynn and Clara Tredway River Park along the Allegheny River. Combining a mix of wooded area, shade, and slight hills.

Facilities:

Restrooms and concessions are available for all. Also, Free Parking!

Applications:

For additional race applications please contact the Valley Points Family YMCA Or log on to our website:
www.vpfymca.org

For Questions, Contact:

Jill Conroy
Race Director at 724.331.3569 or
jhorvatic@hotmail.com

Jason Halfhill, Branch Executive Director at
724.335.9191 x107 or
jhalfhill@vpfymca.org

Mail completed applications
with registration fee to:
Valley Points Family YMCA
800 Constitution Boulevard
New Kensington, PA 15068

OR

Register online at:
[https://runsignup.com/Race/PA/
LowerBurrell/RunOnTheRiver](https://runsignup.com/Race/PA/LowerBurrell/RunOnTheRiver)

Valley Points Family YMCA
800 Constitution Boulevard
New Kensington, PA 15068



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VALLEY POINTS FAMILY YMCA
presents

The 7th Annual



10K Race
5K Race
10K + 5K Race
2K Family Fun & Pet Walk

JUNE 8, 2019
K-9 Officer Derek Kotecki
Memorial Park
Lower Burrell, PA

Run On The River

Engage the whole family in physical activity on Saturday, June 8th with an event for every age and skill level! Join us at K-9 Officer Derek Kotecki Memorial Park in Lower Burrell, PA and get your body moving!

Some of the great attractions/activities include:

- CHIP TIMING
- Raffle prizes
- Great Tech T-shirt for runners
- "Swag Bags" and free food for runners
- Opportunity to support local vendors
- Family fun and Pet Walk

Race Breakdown:

10K & 5 K = 9.3 miles

10K Race = 6.2 miles

5K Race = 3.1 miles

2K Family Fun Walk = 1.24 miles

Directions:

From Rt. 28: Take Exit 14 (Tarentum Bridge) follow bridge to Rt. 56 in the Leechburg direction. Turn left at Wildlife Lodge Road. Park is approximately 1 mile from Rt. 56.

From New Kensington: Take Rt. 56 Eastbound, turn left at Wildlife Lodge Road. Park is approximately 1 mile from Rt. 56.

From PA Turnpike: Exit 48, take Cheswick/Springdale exit, follow Pittsburgh St. to Schmitt Bridge, bear right, continue on Rt. 56 to Wildlife Lodge Rd., turn left.

The mission of the Valley Points Family YMCA is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Race Entry Fees (until 5/3/19):

5K Race	\$25
10K Race	\$30
10K & 5K Race (*run both)	\$40
2K Family Fun and Pet Walk	FREE!

Late/Race Day Fees (after 5/3/19):

5K Race	\$30
10K Race	\$35
10K & 5K Race (*run both)	\$45
2K Family Fun and Pet Walk	FREE!

RACE DAY SCHEDULE

Registration: 7:00AM-8:15 AM

5K Start: 8:30AM

10K Race: 9:15AM

2K Family Fun and Pet Walk:

8:45—10:15AM

Bring your Pet!

RACE DAY CATEGORIES AND AWARDS

- ★ 1st, 2nd, & 3rd Place Overall in Men's and Women's Finishers
- ★ 1st Place Master's Men/Women
- ★ 1st & 2nd Place in Men's and Women's Age Group Divisions:
 - 19 & Under
 - 20-29
 - 30-39
 - 40-49
 - 50-59
 - 60-69
 - 70-Above

RACE REGISTRATION FORM

All Pre-Registrations must be postmarked by 5/3/19

Name: _____

Date of Birth: _____

Address: _____

City/State/Zip: _____

Email: _____

Phone: _____

Emergency Name/Phone: _____

Age (on day of event): _____ Gender: M F

Pre-Registration Prices (Guarantees a T-Shirt)

5K Race \$25

10K Race \$30

10K & 5K Race \$40

Registration Prices after 5/4/18 (*T-Shirts not guaranteed)

5K Race \$30

10K Race \$35

10K & 5K Race \$45

T-Shirt Sizes (check one):

(Men's Sizes)

S M L XL XXL

(Women's Sizes)

S M L XL

Additional T-Shirt \$10 (*before 5/3/19)

Donation to Valley Points Family YMCA Youth Development Campaign \$ _____

Method of Payment

Cash Check Total Enclosed: \$ _____

In consideration of acceptance of this entry to the Run on the River event, I waive all claims for myself, my heirs, and assigns, the sponsors, cooperating and coordinating groups and any individuals associated with the event and will hold them harmless for any and all injuries which may result from my participation. I further state that I am in proper physical condition to participate in this race.

I also give my permission to the Y and the media to use my name and/or picture in any newspaper, broadcast, telecast, or other account of this event without limitation and obligation to anyone to compensate me further therefore. Events will take place regardless of weather.

Signature

Date