



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RUN THE RIVER

9TH Annual 5k/10k Race
LOCK HAVEN AREA YMCA

Saturday, July 8, 2017

Castanea Picnic Grounds

Registration/Check-in: 7—8 am

Race Start: 8:30 am

Our family-friendly walk/jog/run along the beautiful Susquehanna is better than ever with a **NEW START/FINISH LOCATION!**

***Course route map is located on our website and Facebook page!*



Registration: May 1– June 12, 2017

Cost: \$20 members \$25 nonmembers

11y & younger w/out shirt– Free w/ shirt– \$10

Late Registration: June 13– July 4, 2017 (not guaranteed a shirt)

\$30 Late and Day of race registration

*Anyone wishing to register after July 4 must do so the day of the race.

Shirts and swag bags are limited!

For more information contact Sports Director Lindzey Chester:

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