



**ATTENTION ALL RUNNERS  
A SPECIAL ROUTE 20 RUNNING RELAY OFFER (JUST FOR YOU !!!!)**

The N.Y. Route 20 Association is an association and 20 years of Road commemorate this milestone, the promoting a very special event. On having a **108 mile RELAY RUN**. morning with runners covering segments, some a little more and We will have runners start from Lafayette, and work towards the of West Winfield.



celebrating 20 years as an Challenge Races! To Route 20 Association is August 17th, 2019, we are We will start early in the approximately 3 mile some a little less. Duanesburg and from approximate midway point

We will be covering the entire NY Route 20 stretch of road, from Duanesburg in the east to Lafayette in the west, we will have a celebration at Cleaver's BBQ in West Winfield NY! If you are joining us for dinner, **we need to have \$5/person**. This helps us with making sure that we can accommodate everyone as well as helping out in defraying some of the cost of the food and banquet room!

There is no cost to participate, but due the fact that this is a celebration and we are promoting Route 20 at the same time, we ask that you buy a special edition Route 20 running shirt (**cost will be approximately \$10**). The idea behind the shirt is to help with promotion of the event and to advertise the Route 20 Association. We hope to gain lots of media coverage!!! Understand, this is not a race, more like a training run!!!! The idea is to sign up for a segment or two and help us celebrate the day, the association, and the wonderful things that Route 20 has to offer!

How to sign up? Super easy, just e-mail Bill Kosina at [jabkos@verizon.net](mailto:jabkos@verizon.net). You can also message me on facebook! Please give me your name, your contact information, and an area that you like to cover (examples: Bridgewater, Esperance) and your training pace (ex: 10 min/mile) and special considerations (Examples: love the hills, hate the hills) Please remember, Route 20 has **MANY HILLS**, both ascending and descending!! I will do the best I can to accommodate your requests. Yes, runners can request to run together as well!!

Craig North and I will do our best to get the running relay segments mapped out as soon as we can. So the game plan will be that you give me a thumbs up and when we have the map done, we can get it out for you! Then you can pick your segment! We can have multiple people running the same section, just need to make sure that we have at least one person for each!

We need your shirt order (money included) and food money (if joining us) by **July 20th!**  
***THIS IS AN EXCITING TIME FOR THE NY ROUTE 20, PLEASE CONSIDER BEING PART OF THIS SPECIAL EVENT. REMEMBER, 20 YEARS ONLY COMES ONCE!!!!!!!***