MT. MORRIS POKER CHALLENGE
12K RUN • 5K RUN/WALK
& LITTLE JOKER SHUFFLE

Saturday, August 2, 2008 8:00 AM • Mt. Morris, Michigan

Get ready for the Crim! The Riverbend Striders and the City of Mt. Morris welcome runners and walkers to the 17th Annual Mt.Morris Poker Challenge! Run the USATF certified12K to tune up for the Crim 10 Mile, or choose to run or walk the 5K or 1 Mile.

STARTING TIME: The 12K, 5K and 1 Mile start at 8:00 AM (starts will be staggered)
Little Joker Shuffle starts at 9:30 AM
Race day registration opens at 7:00 AM at the Mt. Morris Middle School (Round School)

LOCATION: Mt. Morris Middle School (Round School)
From east, take I-69 to I-475 north, then I-475 to Saginaw St./Mt. Morris exit, go north on Saginaw to Mt Morris St (3rd light), go east to Walter St, then north on Walter to school.
From north, south and west, take I-75 to MtMorris Rd. exit, go through Mt. Morris to Walter St, turn north (left) on Walter to school. Music and entertainment at start and finish.

COURSE: Starts and finishes near Mt. Morris Middle school. The 5K is 100% paved, and the 12K is mostly paved. Both courses travel through lovely residential and rural Mt. Morris. Splits at each mile, ample aid stations, and refreshments will be provided at the finish.

REGISTRATION: Early registration ends with entries postmarked by July 26, 2008. *Late registration and packet pick-up at Bauman's Running and Walking Shop, 1473 W. Hill Rd, on Friday, August 1, 2008, from 10:00 AM - 8:00 PM.* Race Day registration begins at 7:00 a.m. at Mt. Morris Middle School.

ENTRY FEE: 12K & 5K: $18.00 by July 26, 2008, with shirt; $8.00 without shirt
$20.00 Late Registration, with shirt.; $10.00 without shirt
1 MILE & LITTLE JOKER: $ 8.00 before July 27, 2007, with shirt; $ 10.00 late registration, with shirt
NOTE: 2008 RIVERBEND STRIDER MEMBERS MAY DEDUCT $1.00 FROM PRE-REGISTRATION FEE

FACILITIES: Ample parking, showers, restrooms.

AWARDS: All eligible pre-registered entrants will receive a shirt. Sorry, but we cannot guarantee shirts on race day to late registrants.
5K and 12K RUNS: Awards to Male & Female Overall and Masters, top three Male and Female finishers in each RUN Division. RUN DIVISIONS: 12 & under, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over.
HEAVYWEIGHT DIVISIONS *in the 5K only* for the following weight classes: 185-199 lbs, 200-219 lbs., 220 lbs & over. (Times will be adjusted for age). You must indicate your weight on entry form.
5K WALK: Awards to Overall and Masters Male and Female and top three Male and Female finishers in each WALK Division. WALK DIVISIONS*:* 19 & under, 20-29,30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & Over.
1 Mile FUN RUN/WALK: No awards will be given out.
LITTLE JOKER SHUFFLE: McDonald's coupons for all children.

INFORMATION: Bauman's Running and Walking Shop, 238-5981, Gault Race Management, 487-0954, www.riverbendstriders.com or www.gaultracemanagement.com.

SEND ENTRIES TO: Riverbend Striders, P.O. Box 233, Flushing, MI 48433
or drop entry off at Bauman's Running and Walking Shop, 1473 W. Hill Rd., Flint

MAKE CHECKS PAYABLE TO: Riverbend Striders

Mt Morris Poker Challenge 5K Run & Walk & 12K Run
Saturday, August 2, 2008

PLEASE PRINT

LAST NAME | FIRST NAME | M.I.

STREET ADDRESS | CITY/TOWN

STATE | ZIP CODE/POSTAL CODE | PHONE NUMBER | DATE OF BIRTH | AGE ON RACE DAY

E-Mail Address: _____

SHIRT SIZE: S | M | L | XL | XXL ($1.00 ADDITIONAL)

SEX: M | F

YOUTH SHIRT SIZE: 6-8 | 10-12 | 14-16 | Ad Sm | Ad Md

EVENT:
- ☐ 5K RUN
- ☐ 5K Heavyweight Run — Indicate weight _____
- ☐ 5K WALK
- ☐ 12K RUN
- ☐ 1 MILE FUN RUN
- ☐ LITTLE JOKER SHUFFLE

CHIP INFORMATION (check one of the following) **NOTE: ALL PARTICIPANTS MUST WEAR A CHIP TO BE SCORED**

_____ I will be using a chip provided by the race and understand that I will be assessed a $30 fee if I do not turn in my chip at the finish.

_____ I own my ChampionChip, my chip number is: _____

TOTAL AMOUNT ENCLOSED: $_____ MAKE CHECKS PAYABLE TO: RIVERBEND STRIDERS
MAIL TO: RIVERBEND STRIDERS, P.O. BOX 233, FLUSHING MI 48433 Riverbend Strider Membership Number (if applicable) _____

In consideration of my participation in this event, I for myself, my heirs, executors, and administrators, waive all rights and claims for damages I may have against Riverbend Striders, the sponsors of this event, their agents, representatives, successors, and assignees for any and all injuries suffered by me at said event, or which may arise out of my traveling to, participating in, and returning from this event. I further state that I am in proper physical condition to compete in this event

ALL PARTICIPANTS *MUST* SIGN WAIVER _____ **DATE:** _____