



SWEETHEART TEAM RACE 10K RUN & WALK and 5K RUN & WALK

Saturday, February 16, 2008

Part of Bauman's 2007-2008 Winter Series



STARTING TIME: All events start at 10:00 a.m.
Late registration opens at 9:00 a.m.

LOCATION: Flushing Central Elementary School, Flushing, Michigan; Exit I-75 at Pierson Road, (Exit 122), west on Pierson to Elms Road, north on Elms to Coutant Street (first stop, then left); west on Coutant to school (school is on the right side of Coutant).



PARKING: Runners and walkers must park their cars in the lots at Central Elementary or Flushing Junior High School; no parking will be allowed on Coutant, Hut West, or other streets on the race course. Please be considerate of Flushing residents, who are our hosts.

COURSE: 10K INDIVIDUAL RUN is two identical 5K loops; TEAM RACE: Teams will start together and each run one 5K loop. Team scoring will be based on total team time. 5K RUN & WALK is one 5K loop.

REGISTRATION: Early Registration ends February 9, 2008. After that date, entrants must pay Late Registration fee. Race Day Registration begins at 9:00 a.m. at Flushing Central Elementary School. **Packet Pickup** is available on Friday, February 15 at Bauman's Running & Walking Shop, 1473 W. Hill Rd., Flint

ENTRY FEE: \$18.00 by February 9, 2008, with sweatshirt. \$ 8.00 by February 9, 2008, without sweatshirt.
\$20.00 after February 9, 2008, with sweatshirt. \$10.00 after February 9, 2008, without sweatshirt
2008 Riverbend Strider Members may deduct \$1.00 from pre-registration fee only.

FACILITIES: No lockers or showers. *COME DRESSED TO RUN/WALK*

AWARDS: Sweatshirts guaranteed to all pre-registered entrants who enter "with shirt". We cannot guarantee a shirt on race day to late entrants. Two hundred fifty awards will be distributed among age groups in all races. In individual races, at least top two in each division will receive an award. Team awards distributed at least three deep in each age group with more allocated to the larger age groups. **YOU MUST BE PRESENT DURING AWARD CEREMONY OR ARRANGE TO HAVE SOME PICK-UP YOUR AWARD. ALL UNCLAIMED AWARDS WILL BE DISTRIBUTED TO GO DEEPER IN AGE GROUPS.**

AGE GROUPS: 10K RUN and 5K RUN & WALK: Male & Female: 15 & under, 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.
RUN TEAMS AND WALK TEAMS: Combined Team Age: 30 & under, 31-40, 41-50, 51-60, 61-70, 71-80, 81-90, 91-100, 101-110, 111-120, 121-130, 131 & over
TEAM PARTICIPANTS PLEASE NOTE: *All teams must consist of one male and one female participant. To participate in the WALK TEAM competition, both participants must walk.*
PLEASE SEND TEAM ENTRIES TOGETHER OR REGISTER AT THE SAME TIME ON RACE DAY

SEND ENTRIES TO: Sweetheart Race, P.O. Box 233, Flushing, Michigan 48433
Or drop off at Bauman's Running & Walking Shop, 1473 W. Hill Rd., Flint.
Register on-line at www.riverbendstriders.com or www.gaultracemanagment.com

MAKE CHECKS PAYABLE TO: Riverbend Striders



INFORMATION: Bauman's Running & Walking Shop, (810) 238-5981 or John Gault, (810) 487-0954

Sweetheart 5K Run & Walk, 10K Run, Team Competition Saturday, February 16, 2008 (may be photocopied)

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

SEX: M F E-Mail Address (PLEASE PRINT CLEARLY): _____

SHIRT: S M L XL XXL EVENT: .. 5K RUN .. 5K WALK .. 10K RUN .. RUN TEAM RACE .. WALK TEAM RACE .. TEAM PARTNER

TEAMS: Circle combined age: 15-30 31-40 41-50 51-60 61-70 71-80 81-90 91-100 101-110 111-120 121-130 131+

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) _____)

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: _____

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

ATHLETE (OR PARENT, IF UNDER 18) MUST SIGN _____ DATE: _____