



CHRISTMAS STOCKING Four Mile Run and Walk

Saturday, December 4, 2010 · 10:00 AM



- STARTING TIME:** Both events start at 10:00 AM. Late registration opens at 9:00 AM.
- LOCATION:** Seymour Elementary School, 3088 S. Seymour St., Flushing, MI 48433
Exit I-75 at Pierson Rd (Exit 122), go west on Pierson to end at Main, angle right on Main, through downtown Flushing ending at Seymour, turn left on Seymour, 1 mile to school.
From I-69, take Morrish Rd Exit, go north to Potter, west to Seymour, north to school.
- COURSE:** All paved course, some shoulders, part residential.
- REGISTRATION:** Early Registration ends November 27, 2010. After that date, entrants must pay Late Registration fee. Race day registration begins at 9:00 AM at Seymour Elementary.
- PACKET PICK-UP:** Available on Friday, December 3, at Bauman's Running & Walking Shop, 1473 W. Hill Rd., Flint from 12:00 PM to 8:00 PM. Packets will also be available on race day at Seymour Elementary at 9:00 AM.
- ENTRY FEE:** Event WITH Long Sleeve Shirt: Before November 28 - \$18.00
Late Registration - \$20.00
Event WITHOUT Long Sleeve Shirt: Before November 28 - \$8.00
Late Registration - \$10.00
Riverbend Striders may deduct \$1.00 from preregistration fees only.
- FACILITIES:** Restrooms only. Come dressed to run or walk.
- AWARDS:** Awards will be given to the top three finishers in each group. The awards are unique to the Christmas themed race. We will be awarding *ALL* of them on race day, **AND YOU MUST BE PRESENT TO RECEIVE AWARD.** If you cannot be present for the Award Ceremony, please arrange for someone to pick yours up, otherwise your award will go to another finisher.
- RUN AGE GROUPS:** Male and Female: 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 DIVISION: At least top three award categories for men 185-199 pounds, 200-219 pounds and 220 pounds and over. You must check appropriate box and indicate weight.
- WALK AGE GROUPS:** Male and Female: 19 & under, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over.
- SEND ENTRIES TO:** Christmas Stocking, P.O. Box 233, Flushing, Michigan 48433
Or drop off at Bauman's Running & Walking Shop, 1473 W. Hill Rd., Flint
- PLEASE MAKE CHECKS PAYABLE TO:** Riverbend Striders
- INFORMATION:** John Gault, (810) 659-6493; Bauman's Running Center, (810) 238-5981
- REGISTER ONLINE:** www.riverbendstriders.com or www.gaultracemanagement.com



MAKE CHECKS PAYABLE TO:
Riverbend Striders
MAIL TO: Christmas Stocking
P.O. Box 233, Flushing, MI 48433

Christmas Stocking 4 Mile Saturday, December 4, 2010

BIB NUMBER

LAST NAME										FIRST NAME										M.I.	SEX <input type="checkbox"/> M <input type="checkbox"/> F										
STREET ADDRESS																				CITY/TOWN										AGE	
STATE		ZIP CODE				PHONE NUMBER						DATE OF BIRTH				EVENT: <input type="checkbox"/> 4 Mile Run <input type="checkbox"/> 4 Mile Walk <input type="checkbox"/> 4 Mile Heavyweight Run															
E-MAIL ADDRESS:																				RIVERBEND STRIDER #:				Weight: _____							
SHIRT SIZE: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL (Add \$1.00)																															

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:** _____