FLUSHING EVENING ROAD RACE
5K Run & Walk
Wednesday, June 9, 2010 6:15 PM

Great course - finish downtown just before the Flushing Parade!

STARTING TIME: The 5K Run starts at 6:15 PM. The 5K Walk will start one minute after run.
The Flushing Festival Parade will begin immediately following the race.

LOCATION: Flushing High School, 5039 Deland Rd., Flushing, MI 48433
Exit I-75 at Pierson Road (Exit 122), go west to Elms Road. Turn right onto N. Elms Road and head north to Carpenter Road. Turn left and head west to until it ends at Deland Road. The school is at the corner of Deland and Carpenter .

COURSE: The course travels through Flushing Park and finishes on Main Street. The finish line is approximately 1.5 miles from the start line.

REGISTRATION: Early Registration ends with entries postmarked by June 2, 2009. *Late registration and packet pick-up at Bauman's Running & Walking Shop, 1473 W. Hill Rd. on Tuesday, June 8, from 10:00 AM to 8:00 PM.*
Race day registration begins at 4:30 PM at Flushing High School.

ENTRY FEE:

Event WITH Shirt:	Event WITHOUT Shirt:
On or before June 2 - $15.00	On or before June 2 - $8.00
Late Registration - $18.00	Late Registration - $10.00

Riverbend Striders

RIVERBEND STRIDER MEMBERS MAY DEDUCT $1.00 FROM PRE-REGISTRATION FEE.

Not a Riverbend Strider? Register online at www.riverbendstriders.com and save!

FACILITIES: Showers and lockers available - bring own locks and towels.

AWARDS: All pre-registered entrants will receive a high quality shirt. Sorry, but we cannot guarantee shirts on race day to late registrants. Awards ceremony at Flushing High School at 7:30 PM.

Awards to Overall and Masters Male and Female; at least top three in each Run& Walk division.

AGE GROUPS: **RUNNERS:** *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: Three special award categories for men 185-199 pounds, 200-219 pounds and 220 pounds and over. Check appropriate box and indicate weight.

WALKERS: *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.

EVENTS: Flushing Festival - fun for the whole family with a carnival, booths, entertainment and more!

SEND TO: **Flushing Evening, P.O. Box 233, Flushing, MI 48433**
Or drop entries off at Bauman's Running & Waking Shop, 1473 Hill Rd, Flint. MI
Register online at www.riverbendstriders.com or www.gaultracemanagement.com

MAKE CHECKS PAYABLE TO: Riverbend Striders

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

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

Flushing Evening Road Race
Wednesday, June 9, 2010

BIB NUMBER

LAST NAME | **FIRST NAME** | **M.I.** | **SEX** ☐ M ☐ F

STREET ADDRESS | **CITY/TOWN** | **AGE**

STATE | **ZIP CODE** | **PHONE NUMBER** | **DATE OF BIRTH**

EVENT: ☐ 5K Run ☐ Heavyweight Run ☐ 5K Walk Weight: _____

E-MAIL ADDRESS: _____

SHIRT SIZE: ☐ S ☐ M ☐ L ☐ XL ☐ XXL (Add $1.00) **RIVERBEND STRIDER #:** _____

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:** _____