# FLUSHING TOWNSHIP

## Half Marathon & 5K Run/Walk

**Saturday, March 30, 2013 · 9:30 AM**

**Hosted By: Riverbend Striders**

**FIRST 200 HALF MARATHON FINISHERS WILL RECEIVE A FINISHER'S MEDAL!**

**REGISTER ONLINE USING YOUR SMARTPHONE**

**STARTING TIME:** Both events start at 9:30 AM. Late registration opens at 8:00 AM.

**LOCATION:** Flushing High School, 5039 Deland Rd., Flushing, Michigan 48433
Exit I-75 at Pierson Rd. (Exit 122), go west to Elms Rd, North on Elms to Carpenter Rd, west on Carpenter to Flushing High School. Note: Registration will be in front hallway of the school.

**COURSE:** *There will be vehicular traffic on the course; please stay to the shoulder, when necessary, and remember to exercise courtesy.*

**REGISTRATION:** Early Registration ends March 27, 2013. After that date, entrants must pay the Late Fee.
Race day registration begins at 8:00 AM at the Flushing High School.

All pre-registered entrants will receive a high-quality, long-sleeve shirt. Sorry, but we cannot guarantee shirts on race day to late registrants.

**PACKET PICK-UP:** Available on Friday, March 29, at Bauman's Running & Walking Shop, 1473 W. Hill Rd., Flint from 12:00 PM to 8:00 PM. Packets will also be available at 8:00 AM on race day in the Flushing High School.

**ENTRY FEES:**

Event WITH Long-Sleeve Shirt:
On or Before March 23
Half Marathon - $23.00
5K Run/Walk - $18.00

Late Registration:
Half Marathon- $25.00
5K Run/Walk - $20.00

Event WITHOUT Long-Sleeve Shirt:
On or Before March 23:
Half Marathon - $13.00
5K Run/Walk - $8.00

Late Registration:
Half Marathon - $15.00
5K Run/Walk - $10.00

*Riverbend Strider Members may deduct $1.00 from preregistration fees only.*

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

**FACILITIES:** Lockers and showers will be available. Please bring your own lock & towel.

**AWARDS:** **RUN:** Awards in both 5K Run and 1/2 Marathon to Overall and Masters Male and Female and top three finishers in each division.
**WALK:** Awards to Overall and Masters male and female and top three finishers in each division.

**SEND ENTRIES TO:** **Flushing Half Marathon, 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*

Riverbend Striders

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

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

## Flushing Half Marathon

**Saturday, March 30, 2013**

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:**
☐ Half Marathon
☐ 5K Run
☐ 5K 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:** _____