



# FLUSHING TOWNSHIP

## Half Marathon & 5K Run/Walk

Saturday, March 27, 2010 · 9:30 AM

Hosted By: Riverbend Striders



- 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 20, 2010. After that date, entrants must pay the Late Registration 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 26, 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 FEE:** Event WITH Long-Sleeve Shirt: On or before March 20 - \$18.00  
Late Registration - \$20.00  
Event WITHOUT Long-Sleeve Shirt: On or before March 20 - \$8.00  
Late Registration - \$10.00
- Riverbend Strider Members may deduct \$1.00 from preregistration fees only.*
- Not a Riverbend Strider? Register online at [www.riverbendstriders.com](http://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.
- 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, 75-79, 80 & over.  
**HEAVYWEIGHT DIVISION:** At least top three for 5K only in three weight classes: 185-199 pounds, 200-219 pounds, and 220 pounds & over. You must indicate your weight on entry form below.  
**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, 75-79, 80 & over.
- 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**
- INFORMATION:** John Gault: (810) 487-0954; Bauman's Running & Walking Shop: (810) 238-5981



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

### Flushing Half Marathon Saturday, March 27, 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"/> Half Marathon <input type="checkbox"/> 5K Run <input type="checkbox"/> Heavyweight Run <input type="checkbox"/> 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: \_\_\_\_\_