



THE GREAT PIZZA CHALLENGE

5K RUN & WALK

LIL' PEPPERONI KIDS RACE

Thursday, August 5, 2010



**Pizza after the Race
for participants!**

STARTING TIME: The 5K Run and Walk start at 6:30 PM.
Lil' Pepperoni 1/4 Mile (Children ages 4 - 10) starts at 7:20 PM.
Late registration opens at 5:00 PM.

LOCATION: Downtown Flint YMCA - 411 E. 3rd Street, Flint, MI 48503
From I-475, north & south, exit Court go straight on service drive to Third, turn west on Third to YMCA. YMCA is on corner of I-475 Service Drive (Chavez) and Third. From I-69, east & west; Saginaw Street Exit to Second, turn right on Second to Chavez, then right to Third.

COURSE: Course is 100% paved, start and finish near the Greater Flint YMCA.

REGISTRATION: Early Registration fee ends with entries postmarked by Thursday, July 29, 2010. Late registration and packet pick-up at Bauman's Running and Walking Shop, 1473 W. Hill Rd on Wednesday, August 4, from 12:00 PM to 8:00 PM and on Race Day from 10:00 AM to 2:00 PM. Race day registration begins at 5:00 PM at the Greater Flint YMCA. All pre-registered entrants will receive a high quality shirt. Sorry, but we cannot guarantee shirts on race day to late registrants.

ENTRY FEE: 5K Event WITH Long-Sleeve Shirt: On or before July 29 - \$18.00
Late Registration - \$20.00

5K Event WITHOUT Long-Sleeve Shirt: On or before July 29 - \$8.00
Late Registration - \$10.00

Lil' Pepperoni 1/4 Mile: On or before July 29 - \$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 and save!

FACILITIES: Lockers & showers available at YMCA.

AWARDS: Awards to Overall and Masters Male & Female; at least top 3 male & female finishers in each run division. We will go deeper in the largest run and walk divisions, based on participation.

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 and over.
HEAVYWEIGHT DIVISION: Three special award categories for men 185-199 pounds, 200-219 and 220 pounds and over. You must check appropriate box and indicate weight on entry form.
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 and over.

POST RACE: Free pizza and pop is available after the race for all registered participants. Additional pizza and pop tokens will also be sold for a nominal fee.

SEND ENTRIES TO: Great Pizza Challenge, P.O. Box 233, Flushing, MI 48433
or drop entries off at Bauman's Running and Walking Shop, 1473 Hill Road, Flint, MI.
Register online at www.riverbendstriders.com or www.gaultracemanagement.com

PLEASE MAKE CHECKS PAYABLE TO: Riverbend Striders

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Riverbend Striders
MAIL TO: Great Pizza Challenge
P.O. Box 233, Flushing, MI 48433

The Great Pizza Challenge
Thursday, August 5, 2010

BIB NUMBER

LAST NAME										FIRST NAME										M.I.	SEX	
STREET ADDRESS										CITY/TOWN										AGE		
STATE		ZIP CODE			PHONE NUMBER					DATE OF BIRTH			EVENT:		RIVERBEND STRIDER #:							
<input type="checkbox"/> S <input type="checkbox"/> M		<input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL (Add \$1.00)			<input type="checkbox"/> No Shirt <input type="checkbox"/> 6-8 <input type="checkbox"/> 10-12 <input type="checkbox"/> 14-16 <input type="checkbox"/> Ad Sm <input type="checkbox"/> Ad Md					<input type="checkbox"/> 5K Run <input type="checkbox"/> 5K Heavyweight Run <input type="checkbox"/> 5K Walk Weight: _____			<input type="checkbox"/> Lil' Pepperoni 1/4 Mile		_____							

SHIRT SIZE: No Shirt **YOUTH SHIRT SIZE:** No Shirt
 S M L XL XXL (Add \$1.00) 6-8 10-12 14-16 Ad Sm Ad Md

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:** _____