



# MT. MORRIS POKER CHALLENGE

## 12K RUN • 5K RUN/WALK & LITTLE JOKER SHUFFLE

### Saturday, July 31 - 8:00 AM



The Riverbend Striders and Knickerbocker Farms welcome runners and walkers to the 20th Annual Mt. Morris Poker Challenge! Run the USATF certified 12K to tune up for the Crim 10 Mile, or choose to run or walk the 5K.

**STARTING TIME:** The 12K, 5K at 8:00 AM (starts will be staggered)  
Little Joker Shuffle starts at 9:30 AM

**LOCATION:** Mt. Morris Middle School - 12356 Walter Street, Mt. Morris, MI 48458  
**From east**, take I-69 to I-475 north, then I-475 to Saginaw St./Mt. Morris exit, go north on Saginaw to Mt. Morris St. (3rd light), go east to Walter St, then north on Walter to school. **From north, south and west**, take I-75 to Mt. Morris Rd. exit, go through Mt. Morris to Walter St., turn north (left) on Walter to school.

**COURSE:** Starts and finishes near Mt. Morris Middle school. The 5K is 100% paved, and the 12K is mostly paved. Both courses travel through lovely residential and rural Mt. Morris. Splits at each mile, ample aid stations, and refreshments will be provided at the finish.

**REGISTRATION:** Early registration ends with entries postmarked by July 24, 2010. *Late registration and packet pick-up at Bauman's Running and Walking Shop, 1473 W. Hill Rd., on Friday, July 30, 2010, from 10:00 AM to 8:00 PM.* Race Day registration begins at 7:00 AM at Mt. Morris Middle School (Round School). All eligible pre-registered entrants will receive a shirt. Sorry, but we cannot guarantee shirts on race day to late registrants.

**ENTRY FEE:**

<u>Event WITH Shirt:</u>	<u>Event WITHOUT Shirt:</u>
On or before July 24 - \$18.00	On or before July 24 - \$8.00
Late Registration - \$20.00	Late Registration - \$10.00
Little Joker Shuffle - \$8.00	



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

**Not a Riverbend Strider? Register online at [www.riverbendstriders.com](http://www.riverbendstriders.com) and save!**

**FACILITIES:** Ample parking, showers, restrooms.

**AWARDS:** Awards to Male & Female Overall and Masters, top three Male and Female finishers in each division.  
**RUN DIVISIONS:** 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 DIVISIONS in the 5K only** for the following weight classes: 185-199 lbs, 200-219 lbs, 220 lbs & over. (Times will be adjusted for age). You must indicate your weight on entry form.  
**WALK DIVISIONS:** 19 & under, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over.  
**1 Mile FUN RUN/WALK:** No awards will be given out.  
**LITTLE JOKER SHUFFLE:** McDonald's coupons for all children.

**SEND ENTRIES TO:** Poker Challenge, P.O. Box 233, Flushing, MI 48433  
or drop entry off at Bauman's Running and Walking Shop, 1473 W. Hill Rd., Flint, MI

**PLEASE MAKE CHECKS PAYABLE TO: Riverbend Striders**

**INFORMATION:** Bauman's Running and Walking Shop: (810) 238-5981  
Gault Race Management: (810) 487-0954

**REGISTER ON-LINE:** [www.RiverbendStriders.com](http://www.RiverbendStriders.com) or [www.gaultracemanagement.com](http://www.gaultracemanagement.com)



**Mt Morris, MI**

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

## Mt. Morris Poker Challenge

### Saturday, July 31, 2010

BIB NUMBER

LAST NAME		FIRST NAME		M.I.	SEX
STREET ADDRESS		CITY/TOWN		AGE	
STATE	ZIP CODE	PHONE NUMBER	DATE OF BIRTH	<b>EVENT:</b> <input type="checkbox"/> 12K Run <input type="checkbox"/> 5K Heavyweight Run <input type="checkbox"/> 5K Run        Weight: _____ <input type="checkbox"/> 5K Walk <input type="checkbox"/> Little Joker Shuffle	

**E-MAIL ADDRESS:** \_\_\_\_\_

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

**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:** \_\_\_\_\_