



# NEW YEAR'S RESOLUTION 8K RUN and 5K WALK



THURSDAY, DECEMBER 31, 2009 · 2:00 PM

HOSTED BY: Riverbend Striders & YMCA - Downtown Flint  
Part of Bauman's Winter Series

- STARTING TIME:** 8K Run and 5K Walk begin at 2:00 PM.
- LOCATION:** Both races begin and end at the YMCA in downtown Flint - lots of free parking available.  
**From north and south:** Take I-475 to Court Street (Downtown) Exit, stay on service drive (Chavez) to 3rd, go west on 3rd Street to YMCA parking lot - parking on south side of 3rd Street.  
**From east and west:** take I-69 to Saginaw Street exit, go north to 2nd Street, go east on 2nd to Stevens Street, then south on Stevens to YMCA parking lot. YMCA is bordered by 2nd and 3rd Street to the north & south and Chavez & Stevens on east & west.
- COURSE:** The course is 100% paved, along residential streets in Pierce Park and East Village area. The course is accurately measured, **but not certified**. Individual miles will be marked if weather permits.
- REGISTRATION:** Early Registration ends December 24, 2009. Remember the holidays, mail early. After that date, entrants must pay the Late Registration fee. Race day registration begins at 12:30 PM in the YMCA.
- PACKET PICK\_UP:** Available race day at the YMCA at 12:30 PM.
- ENTRY FEE:** Event WITH Sweatshirt: Before December, 24 - \$17.00  
Late Registration - \$20.00  
Event WITHOUT Sweatshirt: Before December, 24 - \$7.00  
Late Registration - \$10.00  
*Riverbend Striders may deduct \$1.00 from preregistration fees only.*
- FACILITIES:** Showers and lockers available at no charge until 3:30 PM. Please bring your own lock and towel.
- AWARDS:** All pre-registered entrants will receive a high quality sweatshirt. Sorry, but we cannot guarantee sweatshirts to late registrants, they will be available two weeks after race at Bauman's Running & Walking Shop.  
**8K RUN:** Awards to Overall and Masters Male and Female, and top three in each division.  
 RUN DIVISIONS: 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.  
 PLUS Heavyweight Division in three weight classes: 185-199 lbs, 200-219 lbs and 220 lbs+.  
**5K WALK:** Awards to Overall and Masters Male and Female and at least first three in age groups.  
 WALK DIVISIONS: 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.
- SEND ENTRIES TO:** *Resolution Run & Walk, Riverbend Striders, P.O. Box 233, Flushing, MI 48433*  
 Or drop entries off at Bauman's Running & Walking Shop, 1473 W. Hill Rd, Flint  
*Register on-line at [www.riverbendstriders.com](http://www.riverbendstriders.com) or [www.gaultracemanagement.com](http://www.gaultracemanagement.com)*
- PLEASE MAKE CHECKS PAYABLE TO:** *Riverbend Striders*
- INFORMATION:** John Gault, (810) 659-6493; Bauman's Running Center, (810) 238-5981

MAKE CHECKS PAYABLE TO:  
Riverbend Striders  
MAIL TO: Resolution Run & Walk  
P.O. Box 233, Flushing, MI 48433

## New Year's Resolution Thursday, December 31, 2009

BIB NUMBER

LAST NAME										FIRST NAME										M.I.	SEX
STREET ADDRESS										CITY/TOWN										AGE	
STATE	ZIP CODE			PHONE NUMBER				DATE OF BIRTH				EVENT:									
												<input type="checkbox"/> 8K Run <input type="checkbox"/> 5K Walk <input type="checkbox"/> 8K Heavyweight Run		Weight: _____							
E-MAIL ADDRESS: _____																					
SHIRT SIZE: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 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: \_\_\_\_\_