



# SHILLELAGH

## Four Mile Run & Walk

Saturday, March 14, 2009 · 12:00 PM



Part of Bauman's Winter Series

- STARTING TIME:** The Four Mile Run starts at 12:00 PM, and the Walk will start at 12:02 PM. The Leprechaun Lope will begin at 1:30 PM at the "old" Flushing City Hall on Main Street.
- LOCATION:** Flushing Community Services building ("old" Flushing Jr. High School), 409 Chamberlain St., Flushing Exit I-75 at Pierson Road (Exit 122), go west on Pierson to Elms Road, north on Elms to Coutant Street, west on Coutant to school. Limited parking at school, please park at Central Elementary school, as well.
- COURSE:** Scenic four mile course will start at Flushing Community Services building and finish in downtown Flushing. Course winds through a residential area, with a fast, downhill finish.
- REGISTRATION:** Early registration ends March 6, 2009. After that date, entrants must pay the Late Registration fee; Race day registration begins at 10:00 AM at the Flushing Community Services building.
- PACKET PICK-UP:** Available on Friday, March 13, at Bauman's Running & Walking Shop, 1473 W. Hill Rd., Flint. Packets will also be available on race day at Flushing Community Services building at 10:00 AM.
- CHILDREN'S LEPRECHAUN LOPE:** A Leprechaun Lope, Kids 1/4 mile run, sponsored by the Flushing Community Schools and Flushing Women's Club, will be held at the "old" Flushing City Hall on Main Street. All Race Day Registration for the Leprechaun Lope will be held at the former Flushing City Hall and will begin at 12:00 PM.
- ENTRY FEE:**
- |                                |                                |                         |
|--------------------------------|--------------------------------|-------------------------|
| <u>Event WITH Shirt:</u>       | <u>Event WITHOUT Shirt:</u>    | <u>Leprechaun Lope:</u> |
| On or before March 6 - \$20.00 | On or before March 6 - \$10.00 | \$8.00                  |
| Late Registration - \$23.00    | Late Registration - \$13.00    | \$10.00 On Race Day     |
- Riverbend Striders may deduct \$1.00 from preregistration fees only.**
- FACILITIES:** Showers and lockers available at school. Please bring your own towel and lock.
- AWARDS:** Great awards in the Irish tradition. Results will be posted at the School as the race is in progress. After results are posted for at least 15 minutes (to allow for possible corrections), award winners may pick up their award – no official award ceremony will be held.

**RUN AGE GROUPS:** Overall and Masters Male & Female and at least the first five finishers in each age division: 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 DIVISION:** At least top three award categories for men 185-199 pounds, 200-219 pounds and 220 pounds and over. You must check appropriate box and indicate weight.

**WALK AGE GROUPS:** Overall and Masters Male & Female and at least the first five finishers in each age division: 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:** Shillelagh, P.O. Box 233, Flushing, Michigan 48433  
Or drop 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.gaultracemangement.com](http://www.gaultracemangement.com)*



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

BIB NUMBER	<b>Shillelagh Four Mile Run &amp; Walk</b> <b>Saturday, March 14, 2009</b> <small>(MAY BE PHOTOCOPIED)</small>	RIVERBEND STRIDER NUMBER
------------	--	--------------------------

LAST NAME	FIRST NAME	M.I.

STREET ADDRESS	CITY/TOWN

STATE	ZIP CODE	PHONE NUMBER	DATE OF BIRTH	AGE (ON RACE DAY)

**SHIRT SIZE:**  S  L  XXL  M  XL Add \$1.00

**SEX:**  M  F

**EVENT:**  4 Mile Walk  Children's Leprechaun Lope  4 Mile Run  Heavyweight Run Please indicate weight: \_\_\_\_\_

**MAKE CHECKS PAYABLE TO:**  
**RIVERBEND STRIDERS**  
MAIL TO:  
RIVERBEND STRIDERS  
P.O. BOX 233  
FLUSHING, MI 48433

**CHIP INFORMATION (ALL PARTICIPANTS MUST WEAR A CHIP TO BE SCORED):**

I will be using a rental chip and understand that I will be assessed a \$30 fee if I do not turn in my chip at the finish.

I own my ChampionChip, my chip number is: \_\_\_\_\_

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