Swartz Creek Track Team and the Riverbend Striders

SWARTZ CREEK 5K CHALLENGE

5K Run and Walk

Thursday, June 3, 2010

STARTING TIME: 5K Run/Walk starts at 6:30 PM

LOCATION: Swartz Creek High School, 1 Dragon Drive, Swartz Creek, MI 48473
Exit I-69 at Morrish Rd; go south to Miller Rd; west on Miller to Fairchild; then south on Fairchild to Ingalls; west on Ingalls to school.

COURSE: Course is 100% paved, flat.

REGISTRATION: Early Registration ends with entries postmarked by May 27, 2010. *Late registration and packet pickup at Bauman's Running & Walking Shop, 1473 W. Hill Rd, on Wednesday, June 2, from 12:00 AM to 8:00 PM and on Race Day from 10:00 AM to 2:00 PM.* Registration on race day begins at 5:00 PM at the Swartz Creek High School.

ENTRY FEE:

Event WITH Shirt:	Event WITHOUT Shirt:
On or before May 27 - $17.00	On or before May 27 - $7.00
Late Registration - $20.00	Late Registration - $10.00

Riverbend Striders

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

Not a Riverbend Strider? Register online at www.riverbendstriders.com and save!

FACILITIES: Restrooms and showers. Lockers available, please bring own lock.

AWARDS: Awards are given to the Overall and Masters Male & Female, and top three finishers in each division. All pre-registered entrants will receive a *shirt*. Sorry, but we cannot guarantee shirts on race day to late registrants. Post Race amenities.

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, 70-75, 75-79, 80 & Over
HEAVYWEIGHT DIVISION: Three special award categories for men 185-199 pounds, 200-219 pounds and 220 pounds and over. Check appropriate box and indicate weight on 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, 75-79, 80 & Over.

SEND ENTRIES TO: **Swartz Creek 5K, P.O. Box 233, Flushing, MI 48433**
Or drop entries off at Bauman's Running & Walking Shop, 1473 Hill Rd., Flint
Register online at www.riverbendstriders.com or www.gaultracemanagement.com

PLEASE MAKE CHECKS PAYABLE TO: Riverbend Striders

INFORMATION: John Gault: (810) 487-0954; Bauman's Running & Walking Shop: (810) 238-5981

Dr. Gerald Ryan, DDS
Family Dentistry
Swartz Creek, MI

MAKE CHECKS PAYABLE TO:
Riverbend Striders
MAIL TO: Swartz Creek 5K
P.O. Box 233, Flushing, MI 48433

Swartz Creek 5K Challenge
Thursday, June 3, 2010

BIB NUMBER

LAST NAME | **FIRST NAME** | **M.I.** | **SEX** ☐ M ☐ F

STREET ADDRESS | **CITY/TOWN** | **AGE**

STATE | **ZIP CODE** | **PHONE NUMBER** | **DATE OF BIRTH** | **EVENT:** ☐ 5K Run ☐ 5K Walk

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:** _____