SWEETHEART RACE

10K Run, 5K Run/Walk & Team Competition

Saturday, February 13, 2010 · 10:00 AM

STARTING TIME: Both events start at 10:00 AM. Late registration opens at 9:00 AM.

LOCATION: Flushing Central Elementary School, 525 Coutant St., Flushing, Michigan 48433
Exit I-75 at Pierson Road, (Exit 122), west on Pierson to Elms Road, north on Elms to Coutant Street (first stop, then left); west on Coutant to school (school is on the right side of Coutant).

COURSE: 10K INDIVIDUAL RUN is two identical 5K loops. TEAM RACE: Teams will start together and each run one 5K loop. Team scoring will be based on total team time. 5K RUN & WALK is one 5K loop.

REGISTRATION: Early registration ends February 6, 2010. After that date, entrants must pay the Late Registration fee. Race day registration begins at 9:00 AM at the Flushing Central Elementary School.

PACKET PICK-UP: Available on Friday, February 12, at Bauman's Running & Walking Shop, 1473 W. Hill Rd., Flint. Packets will also be available at 9:00 AM on race day in the Flushing Central Elementary School.

ENTRY FEE:

Event WITH Sweatshirt:	Event WITHOUT Sweatshirt:
On or before February 6 - $18.00	On or before February 6 - $8.00
Late Registration - $20.00	Late Registration - $10.00

Riverbend Striders

Riverbend Striders may deduct $1.00 from preregistration fees only.

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

FACILITIES: Restrooms only. Come dressed to run or walk.

AWARDS: Two hundred fifty awards will be distributed among age groups in all races. In individual races, at least top two in each division will receive an award. Team awards distributed at least three deep in each age group with more allocated to the larger age groups. **YOU MUST BE PRESENT DURING AWARD CEREMONY OR ARRANGE TO HAVE SOMEONE PICK YOUR AWARD UP. ALL UNCLAIMED AWARDS WILL BE DISTRIBUTED OTHER TOP FINISHERS IN EACH AGE GROUP.**

AGE GROUPS: **10K RUN and 5K RUN & WALK:** Male & Female: 15 & under, 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.
RUN AND WALK TEAMS: Combined Team Age: 30 & under, 31-40, 41-50, 51-60, 61-70, 71-80, 81-90, 91-100, 101-110, 111-120, 121-130, 131 & over
TEAM PARTICIPANTS PLEASE NOTE: *All teams must consist of one male and one female participant. To participate in the WALK TEAM competition, both participants must walk.*
PLEASE SEND TEAM ENTRIES TOGETHER OR REGISTER AT THE SAME TIME ON RACE DAY.

SEND ENTRIES TO: **Sweetheart Race, 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 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

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

Sweetheart Race
Saturday, February 13, 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: ☐ 10K Run ☐ Run Team Race ☐ 5K Run ☐ Walk Team Race ☐ 5K Walk

Team Partner: _____

E-MAIL ADDRESS: _____

SHIRT SIZE: ☐ S ☐ M ☐ L ☐ XL ☐ XXL (Add $2.00)

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:** _____