



# YMCA "Re-Tread"

## 5K Run & Walk

Thursday, June 24, 2010 - 6:30 PM

SPONSORED BY: Flint YMCA and Riverbend Striders



Bring a pair of old, *wearable* running/walking shoes (*suitable for re-treading and re-wear*). You'll receive a \$5.00 coupon for a new pair at Bauman's Running and Walking Shop and a free family guest pass for the YMCA.

**STARTING TIME:** Both events start at 6:30 PM. Late registration opens at 5:00 PM.

**LOCATION:** Downtown Flint YMCA - 411 E. Third St., Flint, MI 48503  
From I-475, north & south, exit Court go straight on service drive to Third, turn west on Third to YMCA. YMCA is on corner of I-475 Service Drive (Chavez) and Third-from I-69, east & west; Saginaw Street Exit to Second, turn right on Second to Chavez, then right to Third.

**COURSE:** Course is 100% paved, through cultural and residential area.

**REGISTRATION:** Early Registration ends with entries postmarked June 17, 2010.  
*Late registration and packet pick-up at Bauman's Running and Walking Shop, 1473 W. Hill Rd on Wednesday, June 23, from 12:00 PM to 8:00 PM and on Race Day from 10:00 AM to 2:00 PM.*  
Race day registration begins at 5:00 PM at the YMCA.

**ENTRY FEE:** Event WITH Shirt: On or before June 17 - \$16.00  
Late Registration - \$18.00  
Event WITHOUT Shirt: On or before June 17 - \$8.00  
Late Registration - \$10.00



**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!*

**AWARDS:** Awards to Overall and Masters Male and Female; top three in each Run & Walk division.

**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, 70-74, 75 & Over.  
**HEAVYWEIGHT DIVISION:** Three special award categories for men 185-199 pounds, 200-219 pounds and 220 pounds and over. You must indicate weight on entry 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 & Over.

**SEND ENTRIES TO:** YMCA Re-Tread, P.O. Box 233, Flushing, MI 48433  
or drop entries off at Bauman's Running and Walking Shop, 1473 W. Hill Rd., Flint.

**MAKE CHECKS PAYABLE TO:** Riverbend Striders

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

**REGISTER ONLINE:** [www.RiverbendStriders.com](http://www.RiverbendStriders.com) or [www.gaultracemanagment.com](http://www.gaultracemanagment.com)

MAKE CHECKS PAYABLE TO:  
Riverbend Striders  
MAIL TO: YMCA Re-Tread  
P.O. Box 233, Flushing, MI 48433

### YMCA "Re-Tread"

Thursday, June 24, 2010

BIB NUMBER
------------

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

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: \_\_\_\_\_