SWEETHEART RACE
10K Run, 5K Run/Walk & Team Competition
Saturday, February 11, 2017 · 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 3, 2017. After that date, entrants must pay the Late Registration fee.

ENTRY FEE:
- Event WITH Sweatshirt:
  - On or before February 3: $18.00
  - Late Registration: $20.00
- Event WITHOUT Sweatshirt:
  - On or before February 3: $8.00
  - Late Registration: $10.00

Riverbend Striders may deduct $1.00 from preregistration fees only.

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 TO OTHER TOP FINISHERS IN EACH AGE GROUP.

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. 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

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

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: _______________