SHILLELAGH
Four Mile Run & Walk
Saturday, March 9, 2013 · 12:00 PM

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, 323 E. Main Street, Flushing, MI 48433

LOCATION: Central Elementary School - 525 Coutant St, Flushing, MI 48433
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 behind school.

REGISTER ONLINE USING YOUR SMARTPHONE

COURSE: Scenic four mile course will start at Central Elementary School and finish in downtown Flushing. Course winds through a residential area, with a fast, downhill finish.

REGISTRATION: Early registration ends March 2. After that date, entrants must pay the Late Fee.
Race day registration begins at 10:30 AM at the Central Elementary School.

PACKET PICK-UP: Available on Friday, March 8, at Bauman's Running & Walking Shop, 1473 W. Hill Rd., Flint.
Packets will also be available at 10:30 AM on race day at the Central Elementary School.

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 at the "old" Flushing City Hall, 323 E. Main Street, Flushing, MI 48433. 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:

Event WITH Shirt:	Event WITHOUT Shirt:	Leprechaun Lope:
On or before March 2 - $18.00	On or before March 2 - $8.00	$8.00
Late Registration - $20.00	Late Registration - $10.00	$10.00 On Race Day

Riverbend Striders may deduct $1.00 from preregistration fees only.

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

FACILITIES: No showers or lockers will be available at the school.

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.

AGE GROUPS: **RUNNERS:** 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.
WALKERS: 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 or www.gaultracemanagement.com

PLEASE MAKE CHECKS PAYABLE TO: Riverbend Striders

Riverbend Striders

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

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

Shillelagh 4 Mile Run & Walk
Saturday, March 9, 2013

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: ☐ 4 Mile Run ☐ Heavyweight Run ☐ 4 Mile Walk Weight: _____ ☐ Leprechaun Lope

E-MAIL ADDRESS: _____

SHIRT SIZE: ☐ No Shirt ☐ S ☐ M ☐ L ☐ XL ☐ XXL (Add $1.00)

YOUTH SHIRT SIZE: ☐ No Shirt ☐ 6-8 ☐ 10-12 ☐ 14-16 ☐ Ad Sm ☐ Ad Md

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:** _____