



# SHILLELAGH Four Mile Run & Walk Saturday, March 10, 2018 · 10:00 AM

**STARTING TIME:** The Four Mile Run starts at 10:00 AM  
Walk will start at 10:02 AM.

**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 behind school.

**COURSE:** Scenic four mile course will start at and finish at Central Elementary School.  
Course winds through a residential area.

**REGISTRATION:** Early registration ends March 3. After that date, entrants must pay the Late Fee.  
Race day registration begins at 9:00 AM at the Central Elementary School.

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

**ENTRY FEE:** Event WITH Sweatshirt: On or before March 3 - \$28.00  
Late Registration - \$33.00      Event WITHOUT Sweatshirt: On or before March 3 - \$15.00  
Late Registration - \$20.00

**No online registration fees!!**

**Not a Riverbend Strider? Register online at [www.riverbendstriders.com](http://www.riverbendstriders.com) and save!**

Riverbend Striders may deduct \$1.00 from preregistration fees only.

*Students 18 years old and younger can race for only*  
**\$5.00**  
**Paper forms only**  
No shirts

**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 three 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, 75-79, 80 & 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 three 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, 75-79, 80 & 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](http://www.riverbendstriders.com)**

**PLEASE MAKE CHECKS PAYABLE TO: Riverbend Striders**

**INFORMATION:** 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 10, 2018

AMOUNT #: \_\_\_\_\_

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: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

SHIRT SIZE:  No Shirt      YOUTH SHIRT SIZE:  No Shirt  
 S  M  L  XL  XXL (Add \$1.00)       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: \_\_\_\_\_