



SHILLELAGH

Four Mile Run & Walk

Saturday, March 9, 2019 · 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 2. 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 8, 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 2 - \$28.00
Late Registration - \$33.00
Event WITHOUT Sweatshirt: On or before March 2 - \$15.00
Late Registration - \$20.00

Not a Riverbend Strider? Register online at 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
No shirts

- FACILITIES:** Restrooms only. No showers or lockers will be available at the school.
- PRIZES:** Overall Male & Female for both Runners and Walkers will receive a free entry with shirt for a future Riverbend Strider race of your choosing good for up to 1 year.
- AWARDS:** Awards to Overall and Masters Male & Female; at least top 3 male & female finishers in each run division.
We will go deeper in the largest run and walk divisions, based on participation.
- 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, MI 48507
Register on-line at 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 9, 2019

AMOUNT #: _____

BIB NUMBER

LAST NAME										FIRST NAME										M.I.	SEX
STREET ADDRESS										CITY/TOWN										AGE	
STATE	ZIP CODE			PHONE NUMBER				DATE OF BIRTH				EVENT:									
												<input type="checkbox"/> 4 Mile Run <input type="checkbox"/> Heavyweight Run <input type="checkbox"/> 4 Mile Walk Weight: _____									

E-MAIL ADDRESS: _____

SHIRT SIZE: No Shirt
 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: _____