



SNOWFLAKE

10K Run & 5K Run/Walk



Saturday, January 16, 2010 · 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:** The 10K Run will follow two 5K loops - miles will be marked weather permitting. The 5K Run/Walk will only go around once. Please note, there will be vehicular traffic on course.
- REGISTRATION:** Early registration ends January 9, 2010. After that date, entrants must pay the Late Registration fee. Race day registration begins at 9:00 AM at the Flushing Central Elementary School.
- PACKET PICK-UP:** Available on Friday, January 15, at Bauman's Running & Walking Shop, 1473 W. Hill Rd., Flint. Packets will also be available at 9:00 Am on race day in the Flushing Central Elementary School.
- ENTRY FEE:** Event WITH Sweatshirt: On or Before January 9 - \$18.00
Late Registration - \$20.00
Event WITHOUT Sweatshirt: On or Before January 9 - \$8.00
Late Registration - \$10.00



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

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

- FACILITIES:** Restrooms only. Come dressed to run or walk.
- AWARDS:** Awards to Overall and Masters Male and Female and top three in each division for each race.
- 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: 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: 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: Snowflake Run, P.O. Box 233, Flushing, Michigan 48433
Or drop off at Bauman's Running & Walking Shop, 1473 W. Hill Rd., Flint
Register online at www.riverbendstriders.com or www.gaultracemanagement.com

PLEASE MAKE CHECKS PAYABLE TO: Riverbend Striders

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

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

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BIB NUMBER

LAST NAME		FIRST NAME		M.I.	SEX
<input type="text"/>		<input type="text"/>		<input type="checkbox"/>	<input type="checkbox"/> M <input type="checkbox"/> F
STREET ADDRESS			CITY/TOWN		AGE
<input type="text"/>			<input type="text"/>		<input type="text"/>
STATE	ZIP CODE	PHONE NUMBER	DATE OF BIRTH	EVENT:	<input type="checkbox"/> Heavyweight Run
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> 10K Run <input type="checkbox"/> 5K Run <input type="checkbox"/> 5K Walk	Weight: _____
E-MAIL ADDRESS: _____					

SHIRT SIZE: 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:** _____