

# Swartz Creek Track Team and the Riverbend Striders

## SWARTZ CREEK 5K CHALLENGE

### 5K Run and Walk

Thursday, May 30, 2013



**STARTING TIME:** 5K Run/Walk starts at 6:30 PM

**LOCATION:** Swartz Creek High School, 1 Dragon Drive, Swartz Creek, MI 48473  
Exit I-69 at Morrish Rd; go south to Miller Rd; west on Miller to Fairchild; then south on Fairchild to Ingalls; west on Ingalls to school.

**COURSE:** Course is 100% paved, flat.

**REGISTRATION:** Early Registration ends with entries postmarked by May 23, 2013. *Late registration and packet pickup at Bauman's Running & Walking Shop, 1473 W. Hill Rd, on Wednesday, May 29, from 12:00 AM to 8:00 PM and on Race Day from 10:00 AM to 2:00 PM.* Registration on race day begins at 5:00 PM at the Swartz Creek High School.

**ENTRY FEE:** Event WITH Shirt: On or before May 23 - \$18.00  
Late Registration - \$20.00  
Event WITHOUT Shirt: On or before May 23 - \$8.00  
Late Registration - \$10.00

REGISTER ONLINE  
USING YOUR  
SMARTPHONE



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

RIVERBEND STRIDER MEMBERS MAY DEDUCT \$1.00 FROM PRE-REGISTRATION FEE.

**FACILITIES:** Restrooms and showers. Lockers available, please bring own lock.

**AWARDS:** Awards are given to the Overall and Masters Male & Female, and top three finishers in each division. All pre-registered entrants will receive a *shirt*. Sorry, but we cannot guarantee shirts on race day to late registrants. Post Race amenities.

**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, 70-75, 75-79, 80 & Over  
**HEAVYWEIGHT DIVISION:** Three special award categories for men 185-199 pounds, 200-219 pounds and 220 pounds and over. Check appropriate box and indicate weight on form.  
**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, 75-79, 80 & Over.

**SEND ENTRIES TO:** Swartz Creek 5K, P.O. Box 233, Flushing, MI 48433  
Or drop entries off at Bauman's Running & Walking Shop, 1473 Hill Rd., Flint  
*Register online at [www.riverbendstriders.com](http://www.riverbendstriders.com) or [www.gaultracemanagement.com](http://www.gaultracemanagement.com)*



*PLEASE MAKE CHECKS PAYABLE TO: Riverbend Striders*

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

**Dr. Gerald Ryan, DDS**  
**Family Dentistry**  
**Swartz Creek, MI**

MAKE CHECKS PAYABLE TO:  
Riverbend Striders  
MAIL TO: Swartz Creek 5K  
P.O. Box 233, Flushing, MI 48433

**Swartz Creek 5K Challenge**  
**Thursday, May 30, 2013**

BIB NUMBER

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

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

SHIRT SIZE:  S  M  L  XL  XXL (Add \$1.00)

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: \_\_\_\_\_