# SWEETHEART RUN

## 5K Run and Walk
## 5K Team Race

### Saturday, February 9, 2019 · 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:** 5K RUN & WALK is one 5K loop.
The Team Race - teams will start together and each member will run one 5K loop. Team scoring will be based on total team time.

**REGISTRATION:** Early registration ends February 2, 2019. After that date, entrants must pay the Late Registration fee.

Race day registration begins at 9:00 AM at the Flushing Central Elementary School.

*Students 18 years old and younger can race for only*

**$5.00**
**No shirts**

**PACKET PICK-UP:** Available on Friday, February 8, 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: | Event WITHOUT Sweatshirt: |
|---|---|
| On or before February 2 - $22.00 | On or before February 2 - $10.00 |
| Late Registration - $27.00 | Late Registration - $15.00 |

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

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

**FACILITIES:** Restrooms only. Come dressed to run or walk.

**AWARDS:** Awards to Overall and Masters Male & Female; at least top 3 male & female fnishers in each run division.
Awards to top 3 in each age group for the Team Races

**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.**

**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, 75-79, 80 & over.

**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.

**TEAM RACE 5K RUN AND WALK**: 10-30, 31-50, 51-70, 71-90, 91-110, 111-130, 131 and over

**SEND ENTRIES TO:** **Sweetheart Race, 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***

Riverbend Striders

**INFORMATION:** Bauman's Running & Walking Shop: (810) 238-5981

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

## Sweetheart Race
### Saturday, February 9, 2019

AMOUNT #: _____

BIB NUMBER

**TEAM NAME for Team Race only**

**COMBINED AGES FOR 5K TEAM RACE**

**LAST NAME** **FIRST NAME** **M.I.** **SEX** ☐ M ☐ F

**STREET ADDRESS** **CITY/TOWN** **AGE**

**STATE** **ZIP CODE** **PHONE NUMBER** **DATE OF BIRTH**

**EVENT:** ☐ 5K Run ☐ 5K Walk ☐ Run Team Race ☐ Walk Team Race

**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:** _____