TAX TROT

"1040 E-Z" 5K Run/Walk
"Long Form" 10K Run
"Extension" 15K Run

Saturday, April 17, 2010 · 10:00 AM

Hosted By: Riverbend Striders

Register on-line at www.riverbendstriders.com or www.gaultracemanagement.com

STARTING TIME: Both events start at 10:00 AM. Late registration opens at 9:00 AM.

LOCATION: Flushing High School, 5039 Deland Rd., Flushing, Michigan 48433
Exit I-75 at Pierson Rd. (Exit 122), go west to Elms Rd, North on Elms to Carpenter Rd, west on Carpenter to Flushing High School. Note: Registration will be in front hallway of the school.

COURSE: Course travels around a city block with three distinct starting lines. The 5K will follow one loop, 10K two loops, and the 15K three loops. ***You must indicate which event you will run on the entry form below and be responsible for starting with your selected race.***

REGISTRATION: Early Registration ends April 10, 2010. Late registration is available at Bauman's Running & Walking Center, 1473 Hill Road, through Friday, April 16, during regular store hours. Race day registration begins at 9:00 AM.

PACKET PICK-UP: Available on Friday, April 16, 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 High School.

ENTRY FEE:

Event WITH Long-Sleeve Shirt:	Event WITHOUT Long-Sleeve Shirt:
On or before April 10 - $18.00	On or before April 10 - $8.00
Late Registration - $20.00	Late Registration - $10.00

Riverbend Striders

Riverbend Strider Members may deduct $1.00 from preregistration fees only.

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

FACILITIES: Lockers and showers will be available. Please bring your own lock & towel.

AWARDS: Awards to Overall and Masters male and female and top three finishers in each age group in each race. All pre-registered entrants will receive a high quality long sleeve shirt. Sorry, but we cannot guarantee shirts on race day to late registrants.

AGE GROUPS: **RUNNERS**: MALE AND FEMALE: Under 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.

SEND ENTRIES TO: **Tax Trot, P.O. Box 233, Flushing, Michigan 48433**
Or drop off at Bauman's Running & Walking Shop, 1473 W. Hill Rd., Flint

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: Tax Trot
P.O. Box 233, Flushing, MI 48433

Tax Trot
Saturday, April 17, 2010

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: ☐ 15K Run ☐ 10K Run ☐ 5K Run ☐ 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:** _____