



Diplo-Dash Retread 5K Run/Walk

THURSDAY, JUNE 7, 2012

Benefiting Diplomat Helping Hands Foundation to help patients obtain or continue their medications
"In some cases, it's a life or death issue; in all cases it's a quality of life issue."

**Bring a pair of old, wearable running/walking shoes (suitable for re-treading and re-wear).
 You'll receive a \$5.00 coupon for a new pair of shoes at Bauman's running and Walking shop, and a free guest pass for the YMCA!**

Start Time: Both events start at 6:30pm – Late registration opens at 5:00pm

Location: Downtown Flint YMCA – 411 E Third St., Flint, MI 48503
 From I-475, North & South, exit Court St., go straight on service drive to Third, turn West to YMCA (Corner of I-475 Service Drive (Chavez) & Third). From I-69, Exit Saginaw Street to Second, turn right on Second to Chavez then right on Third.

Registration: On-line registration available at www.riverbendstriders.com or www.gaultracemanagement.com
 Early mail-in registration ends with entries postmarked by May 31, 2012
 Late registration & packet pick-up at Bauman's Running & Walking Shop - 1473 W. Hill Road Wednesday, June 6, from 12:00pm to 8:00pm and on Race Day from 10:00am to 2:00pm Race day registration begins at 5:00pm at the YMCA

Entry Fee:

<u>With Shirt</u>	<u>Without Shirt</u>
On or Before May 31 - \$18	On or Before May 31 - \$8
Late Registration - \$20	Late Registration - \$10

REGISTER ONLINE
 USING YOUR
 SMARTPHONE



*** Riverbend Striders Deduct \$1.00 From Registration Fee!!***
Not a Riverbend Strider? Register at www.riverbendstriders.com

Facilities: Restrooms available inside the YMCA

Awards: Awards to Overall and Masters Male & Female and Top 3 in each run division
 Divisions (Male & Female): 12 & Under, 13-15, 16-19, 20-24, 25-26, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & Over

Mail To: Diplo-Dash Retread 5K
 PO Box 233
 Flushing, MI 48433



Please Make Checks Payable to: Riverbend Striders

Mail To:
 Diplo-Dash Retread
 PO Box 233
 Flushing, MI 48433

DIPLO-DASH RETREAD 5K

THURSDAY, JUNE 7

(FOR RACE USE ONLY)
Bib#:

LAST NAME										FIRST NAME										MI	GENDER			
STREET ADDRESS										CITY										STATE	ZIP			
AGE	DATE OF BIRTH										PHONE											SELECT EVENT <input type="checkbox"/> 5K Run <input type="checkbox"/> 5K Walk		
EMAIL: _____																								

SHIRT: S M L XL XXL (add \$1) Youth XL NO SHIRT

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 Diplomat Helping Hands, 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 (PARENT/GUARDIAN IF UNDER 18) MUST SIGN: _____ DATE: _____