

**\*ATTN: RACE DATE HAS BEEN CHANGED\***

**WEDNESDAY, AUGUST 2, 2023 - 6:45PM**  
**2023 BAUMAN'S CHARITY RACE**

5K RUN/WALK, 1 MILE FUN RUN & SUPER HERO 1/2K DASH



**STARTING TIME:** Superhero 1/2K Dash starts at 6:45 PM.  
The 5K Run and Walk starts at 7:00 PM.  
1 Mile Fun Run & Walk starts at 7:20 PM.

**LOCATION:** Kettering University Recreation Center—1700 W. Third Ave, Flint, MI 48504  
From I-75, exit Corunna Rd., go east to Ballenger Hwy., then left to Sunset, then right onto the campus.

**COURSE:** 100% paved through beautiful Mott Park residential area, around the park, golf course, touching parts of the Crim and Tuuri courses. Great downhill finish.

**REGISTRATION:** Early registration must be postmarked by July 28th, 2023. Late registration and packet pick-up either at Bauman's Running & Walking Shop, August 1st, from 10:00AM to 6:00 PM and on Race Day from 10:00 AM to 2:00 PM. Race Day Registration is also available at Kettering at 5:30 PM.

|                                   | <u>Early Registration (By 7/28)</u> | <u>Late Registration</u> |
|-----------------------------------|-------------------------------------|--------------------------|
| 5K Run/Walk (Non-Student):        | \$ 30.00                            | \$ 35.00                 |
| 5K Run/Walk (Student):            | \$ 15.00                            | \$ 20.00                 |
| Super Hero 1/2K & 1 Mile Fun Run: | \$ 10.00                            | \$ 15.00                 |

**FACILITIES:** Restrooms, showers and lockers available at Kettering University Recreation Center. Please bring your own towels and locks.

**AWARDS:** Overall and Masters Male and Female Run & Walk win a \$50.00 gift certificate from Bauman's Running & Walking Shop. All entries receive a T-shirt and \$5.00 off any purchase at Bauman's Running & Walking Shop. T-shirts for late registrations may not be available on race day. The first place finisher in each age group will receive a \$25.00 gift certificate to Bauman's. **MEDALS FOR ALL!**

All participants in the Super Hero and 1 Mile will receive a special award.

**AGE GROUPS:** **RUNNERS:** Awards to Overall and Masters, male & 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 and over.  
**HEAVYWEIGHT DIVISION:** Three special award categories for men 185-199 pounds, 200-219 and 220 pounds and over. You must check appropriate box and indicate weight on entry form.  
**WALKERS:** Male & 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 and over.

**REFRESHMENTS:** Lots of great refreshments, veggies and fruit at the finish.

**SEND ENTRIES TO:** Charity Race, c/o Bauman's Running Shop, 1473 W. Hill Road, Flint, MI 48507 or drop entry off at the store.

**PLEASE MAKE CHECKS PAYABLE TO: Bauman's Running & Walking Shop**

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



MAKE CHECKS PAYABLE TO:  
Bauman's Running & Walking Shop  
MAIL TO: Charity Race  
1473 W. Hill Rd., Flint, MI 48507

**Bauman's Charity Race**  
**Wednesday, August 2nd, 2023**

AMOUNT #: \_\_\_\_\_

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:  
 5K Run  5K Heavyweight Run  
 5K Walk Weight: \_\_\_\_\_  
 1 Mile  Superhero 1/2K

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

SHIRT SIZE (Gender Specific):  Men's  Women's  
 XS  S  M  L  XL  XXL (Add \$1.00)

YOUTH SHIRT SIZE:  
 6-8  10-12  14-16  Ad Sm  Ad Md 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: \_\_\_\_\_