

FLUSHING EVENING ROAD RACE

5K Run & Walk

Wednesday, June 7, 2023 6:00 PM



Great course - finish downtown just before the Flushing Parade!

This is a Crim voucher race

STARTING TIME: The 5K Run and Walk starts at 6:00 PM.

The Flushing Festival Parade will begin immediately following the race.

LOCATION: Flushing High School, 5039 Deland Rd., Flushing, MI 48433
Exit I-75 at Pierson Road (Exit 122), go west to Elms Road. Turn right onto N. Elms Road and head north to Carpenter Road. Turn left and head west to until it ends at Deland Road. The school is at the corner of Deland and Carpenter.

COURSE: The course travels through Flushing Park and finishes on Main Street. The finish line is approximately 1.5 miles from the start line.

REGISTRATION: Early Registration ends with entries postmarked by May 31, 2023. Late registration and packet pick-up at Bauman's Running & Walking Shop, 1473 W. Hill Rd. on Tuesday, June 6, from 12:00 PM to 6:00 PM and on Race Day from 10:00 AM to 2:00 PM. Race day registration begins at 4:30 PM at Flushing High School.

ENTRY FEE: Event WITH Shirt:
On or before May 31 - \$26.00
Late Registration - \$31.00

Event WITHOUT Shirt:
On or before May 31 - \$16.00
Late Registration - \$21.00

RIVERBEND STRIDER MEMBERS MAY DEDUCT \$2.00 FROM PRE-REGISTRATION FEE.

Students 18 years old and younger can race for only

\$5.00

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

FACILITIES: Restrooms available

AWARDS: All pre-registered entrants will receive a high quality shirt if ordered. Sorry, but we cannot guarantee shirts on race day to late registrants. Awards available at Flushing High School at 7:00 PM.

Awards to Overall and Masters Male and Female; at least top three in each Run & Walk division. Top 3 Male and Female for 1 Mile race.

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.

EVENTS: Flushing Festival - fun for the whole family with a carnival, booths, entertainment and more!

SEND TO: Flushing Evening, P.O. Box 233, Flushing, MI 48433
Or drop entries off at Bauman's Running & Waking Shop, 1473 Hill Rd, Flint. MI 48507
MAKE CHECKS PAYABLE TO: Riverbend Striders

INFORMATION: Email: riverbendstriders@gmail.com
Bauman's Running & Walking Shop: (810) 238-5981 - www.werunthistown.com



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

Flushing Evening Road Race
Wednesday, June 7, 2023

AMOUNT #: _____

BIB NUMBER

LAST NAME
[Grid for last name]

FIRST NAME
[Grid for first name]

M.I. [] **SEX**
 M
 F

STREET ADDRESS
[Grid for street address]

CITY/TOWN
[Grid for city/town]

AGE
[Grid for age]

STATE [] **ZIP CODE** [Grid] **PHONE NUMBER** [Grid]

DATE OF BIRTH
[Grid for date of birth]

EVENT:
 5K Walk 5K Virtual
 5K Run

E-MAIL ADDRESS: _____

SHIRT SIZE: S M L XL XXL 2XL +\$1.00 3XL +\$2.00 No Shirt **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:** _____

Riverbend Striders Participant Waiver

Event: Flushing Evening 5K

I know that running or walking in a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with volunteering for this event, including but not limited to: falls, physical contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators including the potential the contraction of a communicable disease resulting from contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators. I assume all risks including: the effects of the weather; high heat and/or humidity; freezing cold temperatures; traffic and the conditions of the road including surrounding terrain.

I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I assume all such risks being known, appreciated, and accepted by me.

I understand that bicycles, skateboards, baby joggers/strollers, roller skates or inline skates, animals, and personal music players are not allowed in the race, and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Flushing Evening 5K, the city of Flushing, MI, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. In addition, I acknowledge the contagious nature of COVID-19 and other communicable diseases and voluntarily assume the risk that I may be exposed to or infected by COVID-19 and/or other communicable diseases by participating in this event. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 in connection with my participation in this event and personally assume this risk.

I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purposes. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

Signature: _____

Date: _____

Parent's Signature if under 18 years: _____

Date: _____