SHILLELAGH
Four Mile Run & Walk
Saturday, March 14, 2020 · 10:00 AM

STARTING TIME: The Four Mile Run starts at 10:00 AM
Walk will start at 10:02 AM.

LOCATION: Central Elementary School - 525 Coutant St, Flushing, MI 48433
Exit I-75 at Pierson Road (Exit 122), go west on Pierson to Elms Road, north on Elms to Coutant Street, west on Coutant to school. Limited parking at school, please park behind school.

COURSE: Scenic four mile course will start at and finish at Central Elementary School.
Course winds through a residential area.

Packets will also be available at 9:00 AM on race day at the Central Elementary School.

REGISTRATION: Early registration ends March 7. After that date, entrants must pay the Late Fee.
Race day registration begins at 9:00 AM at the Central Elementary School.
Late registration ends 15 minutes before the race start.

ENTRY FEE: Event WITH Sweatshirt:
On or before March 7 - $28.00
Late Registration - $33.00
Event WITHOUT Sweatshirt:
On or before March 7 - $15.00
Late Registration - $20.00

RIVERBEND STRIDER MEMBERS MAY DEDUCT $2.00 FROM PRE-REGISTRATION

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.

AWARDS: Awards to Overall and Masters Male & Female; at least top 3 male & female finishers in each run division.
We will go deeper in the largest run and walk divisions, based on participation.

WALKERS: Overall and Masters Male & Female and at least the first three finishers in each age division: 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.

RIVERBEND STRIDER #: ________

P.O. Box 233, Flushing, Michigan 48433
Or drop off at Bauman’s Running & Walking Shop, 1473 W. Hill Rd., Flint, MI 48507

PLEASE MAKE CHECKS PAYABLE TO: Riverbend Striders

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

E-mail address: riverbendstriders.com

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 assigns 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: ____________________________