

FLUSHING EVENING ROAD RACE

5K Run & Walk

Wednesday, June 19, 2019 6:15 PM



Great course - finish downtown just before the Flushing Parade!

STARTING TIME: The 5K Run starts at 6:15 PM. The 5K Walk will start one minute after run.
1 Mile race starts at 6:20 PM. Meet 1/2 mile from start line at corner of Carpenter and McKinley Rd
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 June 12, 2019. *Late registration and packet pick-up at Bauman's Running & Walking Shop, 1473 W. Hill Rd. on Tuesday, June 18, from 12:00 PM to 8:00 PM and on Race Day from 10:00 AM to 2:00 PM.* Race day registration begins at 5:00 PM at Flushing High School.

ENTRY FEE: Event WITH Shirt:
On or before June 12 - \$21.00
Late Registration - \$26.00

Event WITHOUT Shirt:
On or before June 12 - \$11.00
Late Registration - \$16.00

RIVERBEND STRIDER MEMBERS MAY DEDUCT \$1.00 FROM PRE-REGISTRATION FEE.

Students 18 years old and younger can race for only

\$5.00
Paper forms only

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

FACILITIES: Restrooms available

AWARDS: All pre-registered entrants will receive a high quality shirt. Sorry, but we cannot guarantee shirts on race day to late registrants. Awards available at Flushing High School at 7:30 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.
HEAVYWEIGHT DIVISION: Three special award categories for men 185-199 pounds, 200-219 pounds and 220 pounds and over. Check appropriate box and indicate weight.
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
Register online at www.riverbendstriders.com

MAKE CHECKS PAYABLE TO: Riverbend Striders

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



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

Flushing Evening Road Race
Wednesday, June 19, 2019

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 1 Mile
 5K Walk
 5K Run Heavyweight (Men Only)
Weight: _____ lbs.

E-MAIL ADDRESS: _____

SHIRT SIZE: S M L XL XXL 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:** _____