STARTING TIMES:

5K Run/Walk @ 10:00AM Late Registration opens @ 9:00AM

LOCATION:

Grand Blanc High School (East Campus) 12500 Holly Road - Grand Blanc, MI 48439

COURSE:

Residential areas with some hills.

REGISTRATION:

Early Registration ends November 9th 2018 Late Registration/Packet Pickup @ Bauman's 1473 W Hill Road on Friday Nov. 16th 10AM - 8PM Race Day @ 8:30AM (Grand Blanc High School).

ENTRY FEE:

\$20.00 Early with Long Sleeve Tech Shirt.

\$12.00 Early Registration - No Shirt.

\$25.00 Late Registration with L/S Tech Shirt

\$17,00 Late Registration - No Shirt.

Sorry, we cannot guarantee a shirt on race day for late registrants.

FACILITIES:

No Showers.

AWARDS:

11:15AM AWARDS CEREMONY. **First Place in each Age Group will recieve a special chocolate award, you must pick up this award at the ceremony**

1st Place: Chocolate Awards. 2nd/3rd Place: Plague.

RUN AGE DIVISIONS:

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+

WALK AGE DIVISIONS:

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+ **Monies Raised go towards:**

FOOD DONATIONS TO FISH PANTRY:

"STUFF THE BUS," full of your donations of; cereal, peanut butter/jelly, hamburger/tuna/chicken helpers, syrup, pancake mix, laundry soap, toilet paper + Much More! Donatations Contact: Barb Smith @ 810-695-7868/810.449.1457 - grandblancmi@sbcglobal.net

2nd Annual Grand Blanc HS Craft Show going on during & following the race!

SPECIAL CHOCOLATE GOODIES:

Chocolcate treats await finishers inside the Grand Blanc High School East Campus Gym.

Look for details on APTC's Chocolate Scavenger Hunt at local Businesses!

	MAIL OR DROP OFF: 1473 W HILL ROAD - FLINT, MI	48507 Questions? 810-23	28-5981 BIB NUMBER
LAST NAME	FIRST	NAME	M.I.
STREET ADDRESS		CITY/TOWN	SEX AGE
			□ M □ F □ F
STATE ZIP CODE PHONE	NUMBER	DATE OF BIRTH	SHIRT SIZE: MENS SIM L XL XL No Shirt SHIRT SIZE: WOMENS XS S S M L XL No Shirt
E-MAIL ADDRESS:			

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. - DATE:-

ATHLETE (OR PARENT, IF UNDER 18) MUST S	GN:













Grand Blanc Track & C.C.