Monday, December 31st, 2018 - 10:00AM

Race Supports Crim training program Scholarships!

STARTING TIME: 8K Run and 5K Run/Walk Begins @ **10AM.**

LOCATION: Downtown Flint YMCA - 411 East 3rd St, Flint, MI 48503. Both races begin and end at the YMCA in downtown Flint - lots of free parking available!

COURSE: The course is 100% paved, along residential streets in Pierce Park and East Village area. The course is accurately measured, **but not certified.** Individual miles will be marked if weather permits.

REGISTRATION: Early Registration ends December 24, 2018. Remember the holidays, mail early. After that date, entrants must pay the Late Registration fee. Race day registration begins at 9:00 AM in the YMCA.

PACKET PICK-UP: Packets and Late Registration will be available at Bauman's Running & Walking Shop, 1473 W. Hill Rd., Flint, on the following days:

NEW THIS YEAR!

5K RUN

Saturday, December 29: 10:00AM to 6:00PM
Sunday, December 30: 12:00AM - 5:00PM

Race Day Packet Pick Up will be available at the YMCA at 9:00 AM

Riverbend Striders may deduct $1.00 from pre registration fees only.

ENTRY FEES	
Event WITH Hooded Sweatshirt:	
On or Before December, 24	$25.00
Late Registration	$30.00
Event WITHOUT Hooded Sweatshirt:	
On or Before December, 24	$10.00
Late Registration	$15.00

FACILITIES: Showers and lockers available at no charge until NOON. Please bring your own lock and towel.

AWARDS: All pre-registered entrants will receive a high quality, hooded sweatshirt. Sorry, but we cannot guarantee sweatshirts to late registrants, they will be available two weeks after race at Bauman's Running & Walking Shop.

8K RUN: Awards to Overall and Masters Male and Female, and top three in each division.
RUN DIVISIONS: 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.

5K RUN: Awards to Overall and Masters Male and Female, and top three in each division.
RUN DIVISIONS: 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.

5K WALK: Awards to Overall and Masters Male and Female and at least first three in age groups.
WALK DIVISIONS: 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.

SEND ENTRIES TO: Resolution Run & Walk, Bauman's Running & Walking Shop, 1473 W. Hill Rd, Flint, MI 48507
Or drop entries off at Bauman's Running & Walking Shop, 1473 W. Hill Rd, Flint, MI 48507
Register on-line at **www.werunthistown.com**

BAUMAN'S RUNNING/WALKING SHOP
FLINT, MI - SINCE 1974

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

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

New Year's Resolution
Monday, December 31, 2018

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: ☐ 8K Run ☐ 5K Run ☐ 5K Walk

EMAIL-ADDRESS: _____

HOODED SWEATSHIRT: ☐ S ☐ M ☐ L ☐ XL ☐ XXL (Add $3.00)

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: _____