THE GREAT PIZZA CHALLENGE
5K RUN & WALK
LIL' PEPPERONI KIDS RACE
Thursday, August 8, 2019

Pizza after the Race for participants!

STARTING TIME: The 5K Run and Walk start at 6:30 PM.
Lil' Pepperoni 1/4 Mile (Children ages 4 - 10) starts at 7:20 PM.
Late registration opens at 5:00 PM.

LOCATION: Downtown Flint YMCA - 411 E. 3rd Street, Flint, MI 48503
From I-475, north & south, exit Court go straight on service drive to Third, turn west on Third to YMCA. YMCA is on corner of I-475 Service Drive (Chavez) and Third. From I-69, east & west; Saginaw Street Exit to Second, turn right on Second to Chavez, then right to Third.

COURSE: Course is 100% paved, start and finish near the Greater Flint YMCA.

REGISTRATION: Early Registration fee ends with entries postmarked by Thursday, August 1, 2019. Late registration and packet pick-up at Bauman's Running and Walking Shop, 1473 W. Hill Rd on Wednesday, August 7, 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 the Greater Flint YMCA. All pre-registered entrants will receive a high quality shirt. Sorry, but we cannot guarantee shirts on race day to late registrants.

ENTRY FEE:

5K Event WITH Shirt:	5K Event WITHOUT Shirt:	Lil' Pepperoni 1/4 Mile WITH Shirt:
On or before August 1 - $21.00 Late Registration - $26.00	On or before August 1- $11.00 Late Registration - $16.00	On or before August 1—$5.00 Late Registation—$5.00

Riverbend Strider Members may deduct $1.00 from preregistration fees only.

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

Students 18 years old and younger can race for only

$5.00
Paper forms only

FACILITIES: Restrooms and showers available. Lockers available, please bring own lock.

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

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 and 220 pounds and over. You must check appropriate box and indicate weight on entry form.
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.

POST RACE: Free pizza and pop is available after the race for all registered participants.

SEND ENTRIES TO: Great Pizza Challenge, P.O. Box 233, Flushing, MI 48433
or drop entries off at Bauman's Running and Walking Shop, 1473 Hill Road, Flint, MI.
Register online at www.riverbendstriders.com

Riverbend Striders

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

The Great Pizza Challenge
Thursday, August 8, 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 ☐ 5K Heavyweight Run
☐ 5K Walk Weight: _____
☐ Lil' Pepperoni 1/4 Mile

E-MAIL ADDRESS: _____

SHIRT SIZE: ☐ No Shirt ☐ S ☐ M ☐ L ☐ XL ☐ XXL

KID'S SHIRT SIZE: ☐ YS ☐ YM ☐ YL

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:** _____