



SCOOP de' LOOP 5K Run & Walk, Junior Scoop Shuffle

Thursday, June 13, 2019 6:30 PM

Students 18 years old and younger can race for only
\$5.00
Paper forms only

FEATURING: Ice cream served at the finish!

STARTING TIME: The 5K Run starts at 6:30 PM. The 5K Walk will start one minute after run. Junior Scoop Shuffle begins at 6:15 PM.

LOCATION: Downtown Flint YMCA - 411 E Third St., Flint, MI 48503

From I-475, North & South, exit Court St., go straight on service drive to Third, turn West to YMCA (Corner of I-475 Service Drive (Chavez) & Third). From I-69, Exit Saginaw Street to Second St, turn right on Second St. to Chavez then right on Third.

REGISTRATION: Online registration available at www.riverbendstriders.com. Early Registration ends with entries postmarked by June 6, 2019. Late registration and packet pick-up at Bauman's Running & Walking Shop, 1473 W. Hill Rd. on Wednesday, June 12, 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 5:30 PM at the YMCA.

ENTRY FEE: Event WITH Shirt: On or before June 6 - \$23.00
Late Registration - \$28.00
Event WITHOUT Shirt: On or before June 6 - \$13.00
Late Registration - \$18.00
Junior Scoop Shuffle WITH Shirt On or before June 6 - \$5.00
Late Registration - \$5.00

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

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

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

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 the YMCA following the race.

Awards to Overall and Masters Male and Female; at least top three in each Run & Walk division.

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.

SEND TO: Scoop de' Loop 5K, 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



MAKE CHECKS PAYABLE TO:
Riverbend Striders
MAIL TO: Scoop de' Loop 5K
P.O. Box 233, Flushing, MI 48433

Scoop de' Loop 5K
Thursday, June 13, 2019

AMOUNT #: _____

BIB NUMBER

LAST NAME

FIRST NAME RIVERBEND STRIDER #: _____

M.I. SEX
 M
 F

STREET ADDRESS

CITY/TOWN

AGE

STATE

ZIP CODE

PHONE NUMBER

DATE OF BIRTH

EVENT:
 5K Run 5K Walk
 Junior Scoop
 5K Run Heavyweight (Men Only)
Weight: _____ lbs.

E-MAIL ADDRESS: _____

ADULT SHIRT SIZE: S M L XL XXL No Shirt

KID'S SHIRT SIZE: YS YM YL

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: _____