

Swartz Creek Track Team and the Riverbend Striders

SWARTZ CREEK 5K CHALLENGE

5K Run and Walk

Thursday, May 30, 2019



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

LOCATION: Swartz Creek High School, 1 Dragon Drive, Swartz Creek, MI 48473
Exit I-69 at Morrish Rd; go south to Miller Rd; west on Miller to Fairchild; then south on Fairchild to Ingalls; west on Ingalls to school.

COURSE: Course is 100% paved, flat.

REGISTRATION: Early Registration ends with entries postmarked by May 23, 2019. Late registration and packet pickup at Bauman's Running & Walking Shop, 1473 W. Hill Rd, on Wednesday, May 29, from 12:00 to 8:00 PM and on Race Day from 10:00 AM to 2:00 PM. Registration on race day begins at 5:30 PM at the Swartz Creek High School.

ENTRY FEE: Event WITH Shirt: On or before May 23 - \$21.00 Late Registration - \$26.00
Event WITHOUT Shirt: On or before May 23 - \$11.00 Late Registration - \$16.00

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

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 available

AWARDS: Awards are given to the Overall and Masters Male & Female, and top three finishers in each division. All pre-registered entrants will receive a shirt. Sorry, but we cannot guarantee shirts on race day for late registrants. Post Race amenities.

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, 70-75, 75-79, 80 & Over
HEAVYWEIGHT MENS DIVISION: Three special award categories for men 185-199 pounds, 200-219 pounds and 220 pounds and over. Check appropriate box and indicate weight on 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.

SEND ENTRIES TO: Swartz Creek 5K, P.O. Box 233, Flushing, MI 48433
Or drop entries off at Bauman's Running & Walking Shop, 1473 Hill Rd., Flint, 48507
Register online at www.riverbendstriders.com



PLEASE MAKE CHECKS PAYABLE TO: Riverbend Striders

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

MAKE CHECKS PAYABLE TO: Riverbend Striders
MAIL TO: Swartz Creek 5K
P.O. Box 233, Flushing, MI 48433

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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 Walk
5K Run Heavyweight (Men Only)

E-MAIL ADDRESS: _____

Weight: _____ lbs.

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: _____