



Ophelia Bonner Scholarship Fund

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8K, 5K & 1 Mile Run/Walk

Thursday, July 16, 2009

8th Race in Bauman's Summer Series

- Start Time:** 6:30pm
- Location:** University of Michigan-Flint University Pavilion in downtown Flint
- Course:** College Cultural area in a residential neighborhood with a few rolling hills
- Registration:** Early registration ends July 8, 2009. Late registration and packet pickup will be on Wednesday, July 15, 2009 at Bauman's Running Center from 10:00am until 8:00pm. Race day registration will be at the University Pavilion starting at 5:00pm.
- Register Online:** www.raceservices.com or www.active.com
- Entry Fee:** \$15.00 early with shirt by July 8, 2009
\$20.00 late fee with shirt
- Facilities:** **No Showers**
- Awards:** Bauman's Running & Walking Shop Gift Certificates
\$100.00 for 1st place male and female runners
\$50.00 for 2nd place male and female runners
\$25.00 for 3rd place male and female runners
- All pre-registered entrants will receive a t-shirt. We cannot guarantee t-shirts on race day to late registrants. An award to overall and master's male and female; at least the top three in each Run and Walk divisions. Ribbons go to all 1 Milers.
- Run Age Divisions:** **Male and Female** - 12 and 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 and Over
- Walk Age Divisions:** **Male and Female** - 19 and Under, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and Over
- Send Checks To:** Ophelia Bonner Scholarship Fund
c/o Qiana Perrean Smith
P.O. Box 1311
Flint, MI 48501

Additional Information:

Bauman's Running & Walking Shop	University Pavillion
1473 W. Hill Rd.	303 S. Saginaw St.
Flint, MI 48507	Flint, MI 48502
(810) 238-5981	(On the corner of Saginaw and Kearsely Street)

Last Name										First Name										Middle Initial					
Street Address										City										State			Zip Code		
Phone Number										E-Mail Address															
Month/			Date/			Year of Birth			Male		Female		T-Shirt Size (Please Circle)					Race - Run (Please Circle)			Race - Walk (Please Circle)				
/			/						<input type="checkbox"/>		<input type="checkbox"/>		S M L XL XXL					5k 8k 1mile			5k 8k 1mile				

Waiver of Liability: I know that running is a potentially hazardous activity. I should not run unless I am medically able and properly trained. I assume all risk associated with participation in this event, including but not limited to falls, contact with other participants, and effects of weather, traffic and road conditions, all such risks being known and accepted by me. In consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, administrators, waive all rights and claims for damages I may have against Riverband Striders and all persons officially connected with the 8k, 5k Run/Walk and 1 Mile from and against all damages of actions which might arise out of my traveling to, participating in and returning from this event.

Participant Signature _____ Date _____
(Guardian if under 18)

Amount Enclosed \$ _____ **Make checks payable to Ophelia Bonner Scholarship Fund**