



THE GREAT PIZZA CHALLENGE

5K RUN & WALK

LIL' PEPPERONI KIDS RACE

Thursday, August 10, 2023

This is a Crim voucher race



**Pizza after the Race
for participants!**

STARTING TIME: The 5K Run and Walk start at 6:00 PM.
Lil' Pepperoni 1/4 Mile (Children ages 4 - 10) starts at 5:45 PM.
Late registration opens at 4:30 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: Online registration available at www.riverbendstriders.org. Early Registration fee ends with entries postmarked by Thursday, August 3, 2023. Late registration and packet pick-up at Bauman's Running and Walking Shop, 1473 W. Hill Rd on Wednesday, August 9, from 12:00 PM to 6:00 PM and on Race Day from 10:00 AM to 2:00 PM. Race day registration begins at 4:30 PM at the Greater Flint YMCA. All pre-registered entrants will receive a high quality shirt if purchased. Sorry, but we cannot guarantee shirts on race day to late registrants.

Race day registration begins at 4:30 PM at the YMCA. \$21 no shirt/ \$31 w/shirt on race day.

ENTRY FEE:	5K Event WITH Shirt:	5K Event WITHOUT Shirt:	Lil' Pepperoni 1/4 Mile WITH Shirt:
	On or before August 3 - \$26.00	On or before August 3 - \$16.00	On or before August 3 - \$5.00
	Late Registration - \$31.00	Late Registration - \$21.00	Late Registration - \$5.00

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

Riverbend Strider Members may deduct \$2.00 from preregistration fees only.

FACILITIES: Restrooms are available.

AWARDS: Awards to Overall and Masters Male & Female; at least top 3 male & female finishers 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.
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 water is available after the race for all registered participants.

SEND 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. 48507
MAKE CHECKS PAYABLE TO: Riverbend Striders

INFORMATION: Email: riverbendstriders@gmail.com
Bauman's Running and Walking Shop (810) 238-5981 - www.werunthistown.com



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

The Great Pizza Challenge
Thursday, August 10, 2023

AMOUNT #: _____

BIB NUMBER

LAST NAME	FIRST NAME	M.I.	SEX
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> M <input type="checkbox"/> F

STREET ADDRESS	CITY/TOWN	AGE
<input type="text"/>	<input type="text"/>	<input type="text"/>

STATE	ZIP CODE	PHONE NUMBER	DATE OF BIRTH	EVENT:
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> 5K Run <input type="checkbox"/> 5K Walk <input type="checkbox"/> Lil' Pepperoni 1/4 Mile <input type="checkbox"/> 5K Virtual

E-MAIL ADDRESS: _____

SHIRT SIZE: ☐ S ☐ M ☐ L ☐ XL ☐ XXL ☐ 2XL +\$1.00 ☐ 3XL +\$2.00 ☐ No Shirt

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: _____

Riverbend Striders Participant Waiver

Event: The Great Pizza Challenge 5K

I know that running or walking in a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with volunteering for this event, including but not limited to: falls, physical contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators including the potential the contraction of a communicable disease resulting from contact with other participants, volunteers, race personnel, contract service providers, employees, and spectators. I assume all risks including: the effects of the weather; high heat and/or humidity; freezing cold temperatures; traffic and the conditions of the road including surrounding terrain.

I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases, and I attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I assume all such risks being known, appreciated, and accepted by me.

I understand that bicycles, skateboards, baby joggers/strollers, roller skates or inline skates, animals, and personal music players are not allowed in the race, and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the

The Great Pizza Challenge 5K, the city of Flint, Michigan, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. In addition, I acknowledge the contagious nature of COVID-19 and other communicable diseases and voluntarily assume the risk that I may be exposed to or infected by COVID-19 and/or other communicable diseases by participating in this event. I acknowledge that such exposure or infection may result in personal injury, illness, permanent disability, and/or death. I understand that the risk of becoming exposed to or infected by COVID-19 in connection with my participation in this event and personally assume this risk.

I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purposes. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

Signature: _____

Date: _____

Parent's Signature if under 18 years: _____

Date: _____