

Striders Saturday Classic Info & Entry Form

Welcome: We welcome all runners age 10 and over to participate in our 11th annual event. This is a great tune-up race for the upcoming River Bank Run. You'll find this to be a well-organized event with a great course, a nice shirt, good post race foods and nice awards. We look forward to your participation.

Date: Saturday, April 17, 2010

Time: 8:00 a.m.

Distance: 10 Miles

Fee: \$22.00 (non-refundable) by 4/10/10 \$27.00 after 4/10/10 but before 4/17/10

Race Day Fees: \$25.00 with no shirt \$30.00 with shirt if available

Place: Covenant Christian High School. From the corner of Wilson & I-196 (exit 70) go west on Wilson towards Walker 1 ½ miles to Riverbend Drive. Riverbend is at the bottom of the hill. Turn left, go 1 block to Ferndale. Turn right on Ferndale and go to the school. Please park in the school parking lot.

Packet Pick-Up: Your race packet can be picked up Friday, April 16 at Striders from 9 a.m. to 8 p.m. or Saturday morning at Covenant Christian High School starting at 7 a.m.

Course: The race is run on an out and back course which consists of 90% pavement and 10% gravel. The first 2 ½ miles are flat, the next 5 miles rolls with a couple of challenging up hills. The last 2 ½ miles are again flat. Each mile will be marked and there will be aid stations (water & Gatorade) every 2 miles.

Age Groups: 10-12, 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.

Awards: The awards ceremony will be held at 10:15 a.m. The overall male & female winners and the male & female masters winners will be pulled out of the age groups. These 4 will each receive a pair of running shoes and a sweatshirt. First place age group winners will receive a sweatshirt and a mug. Additional awards will go 3 – 5 deep in each age group.

Shirts: New shirts this year, short sleeve moisture wicking.

Refreshments: All runners will be treated to fruit, bagels and drink after the race.

Door Prizes: There will be numerous gifts given away at the awards ceremony.

Contact Us: 616 261-9706 e-mail: s.webster@stridersrun.com

Mail Entries Payable To: Striders • 4045 Chicago Dr. • Grandville, MI 49418

First Name: _____ Last Name: _____

Address: _____ City: _____ State: _____ Zip _____

Age on Race Day: _____ Sex: (__ M) (__ F) Circle Shirt Size: S M L XL

Phone No.: _____ E-mail Address _____

Waiver: I know that running a road race is a potentially hazardous activity and I should not enter this event unless I am medically able and properly trained. I assume all risks associated with running in this event. In consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Striders and all other sponsors from all claims of liabilities of any kind arising out of my participation in this event.

Participant's Signature

Parent's Signature if under 18

Date Signed