



SWEETHEART 5K FUN RUN



Saturday, February 14, 2026 • 10:00 AM

STARTING TIME: This is a fun run event and is not timed. All participants will get a finishers medal and an entry to win door prizes. Event starts at 10:00 AM. Late registration opens at 9:00 AM.

LOCATION: Flushing Central Elementary School, 525 Coutant St., Flushing, Michigan 48433
Exit I-75 at Pierson Road, (Exit 122), west on Pierson to Elms Road, north on Elms to Coutant Street (first stop, then left); west on Coutant to school (school is on the right side of Coutant).

COURSE: Scenic 5K course will start at and finish at Central Elementary School. Course winds through a residential area.

REGISTRATION: Early registration ends February 7, 2025. After that date, entrants must pay the Late Registration fee.
Race day registration begins at 9:00 AM at the Flushing Central Elementary School.

PACKET PICK-UP: Available on Friday, February 13th from 12pm to 6pm. at Bauman's Running & Walking Shop, 1473 W. Hill Rd., Flint, MI 48507.
Packets will also be available at 9:00 AM on race day at Flushing Central Elementary School.

ENTRY FEE:
Event WITH Sweatshirt:
On or before February 7 - \$28.00
Late Registration - \$33.00
Event WITHOUT Sweatshirt:
On or before February 7 - \$15.00
Late Registration - \$20.00

Students 18 years old and younger can race for only

\$5.00

Shirt not included but can be purchased if available

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

Riverbend Striders may deduct \$2.00 from preregistration fees only.

FACILITIES: Restrooms only. Come dressed to run or walk.

AWARDS: There will be door prize drawings totaling up to \$500 worth of gift certificates for Bauman's Running & Walking Shop and other drawing awards after the race. The amount will be based on the number of registered participants.

SEND ENTRIES TO: Sweetheart Race, P.O. Box 233, Flushing, Michigan 48433
Or drop off at Bauman's Running & Walking Shop, 1473 W. Hill Rd., Flint, MI 48507

Register online at www.riverbendstriders.org

PLEASE MAKE CHECKS PAYABLE TO: Riverbend Striders

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



MAKE CHECKS PAYABLE TO:
Riverbend Striders
MAIL TO: Sweetheart Race
P.O. Box 233, Flushing, MI 48433

Sweetheart 5K Fun Run
Saturday, February 14, 2026

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

E-MAIL ADDRESS: _____

SHIRT SIZE: S M L XL XXL (Add \$2.00) XXXL (Add \$3.00) No Shirt

RIVERBEND STRIDER #: _____

PLEASE MAKE SURE YOU SIGN THE WAIVER ON THE BACK

Riverbend Striders Participant Waiver

Event: SweetHeart 5K Fun Run

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 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 SweetHeart 5K Fun Run, the city of Flushing, MI, 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: _____