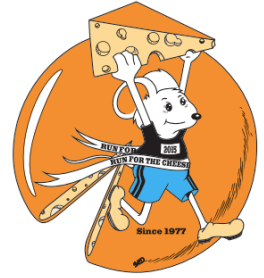


2016 Annual Riverbank Run for the Cheese

Saturday, October 8th



EVENT: 6:15-7:50 AM—Packet pick-up and race-day registration
 8:00 AM sharp —5K walk/run and 10K run
 9:30 AM — 1 Mile Youth run (for ages 17 or younger)
 9:45 AM—FREE Kids' 300-meter fun run (ages 7 or younger)

WHERE: Races start and end at Galaxy Theatres 2525 Patterson Road (Hwy 108) Riverbank, CA

COURSES: 1 Mile – Flat loop around neighborhood
 5K—Gently rolling residential tree-lined course
 10K—Gently rolling residential streets with a bonus hill
Walkers/baby strollers welcome on the 5K course. Please, NO walkers on the 10K course.
Baby strollers welcome in 10K if you're running.



FEES: **Youth (up to age 17):** Early bird \$15 (postmarked by Sept. 24) | \$15 (Sept. 24 thru Oct. 4) | \$15 Race Day
Adults (18 and over): Early bird \$25 (postmarked by Sept. 24) | \$30 (Sept. 24 thru Oct. 4) | \$30 Race Day
 All Early bird pre-registered runners receive a custom tech shirt in the size of their choice (sizes cannot be guaranteed for later registrants)

All race proceeds benefit Riverbank High School athletic programs and local schools.

Race-day registration and packet pick-up start at 6:15 a.m. at Galaxy Theatres, east parking lot.
Please arrive early—race-day registration ends PROMPTLY at 7:50 a.m.

AWARDS: 5K & 10K—Trophy & Cheese to 1st place overall male & female
 Medals: Top 3 places in each age division (male & female):
 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+
 1 Mile — Medals to top 3 places in each age division: 7 & under, 8-9, 10-11, 12-13, 14-15, 16-17
 Kids' Fun Run — complimentary medals to all finishers



Post-race refreshments will be provided (*including cheese, of course!*).

Computerized chip timing provided by ShadowChase Running Club. ALL registered runners will be entered into the raffle prize drawing.
 Results and awards ceremonies following each race.



CONTACT: Visit <http://runforthecheese.com> for additional race details.
 Bruce Edwards, Race Director—bwecoach@gmail.com—(209) 869-1630

2016 Annual Riverbank Run for the Cheese Registration

Mail this form to: ShadowChase Running Club • PO Box 3605 • Modesto CA 95352
 Make checks payable to: "ShadowChase Running Club" • Please, one form per runner
 Register online with a credit card at www.active.com

EVENT (circle one): 5K 10K 1 Mile (*ages 17 & younger only*) **GENDER** (circle one): Male Female

Tech Shirt SIZE (circle one): Men's: S M L XL XXL Women's: S M L XL Youth: S M L XL

Name _____ Age on race day _____ Phone _____

Address: _____ City _____ Zip _____

Email address: _____ Are you a ShadowChase member? Yes or No

Is this the first time you've participated in the 'Run for the Cheese' race? Yes or No

Liability Waiver: (The following must be signed to enter the race) By signing this form, I acknowledge that the information I provided is accurate to the best of my knowledge. In consideration of your accepting my entry I, intending to be legally bound, do hereby for myself, any heirs, executors, and administrators waive and release forever any and all rights and claims or damages I may accrue against the Riverbank Cheese, Wine and Beer Expo, ShadowChase Running Club, City of Riverbank, Riverbank Run for the Cheese Race Management and/or all volunteers, Galaxy Theatres, the event, their representatives, successors and assigns for any and all injuries suffered by me in connection with the event including pre-and post-race activities. I also grant ShadowChase the right to use any images of me taken at the race.

I have read my rights: Signed, _____ Date _____

(If you are under 18 years old, your parent or legal guardian must sign this form)