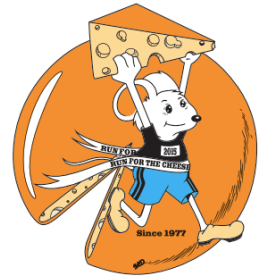


2019 Annual Riverbank Run for the Cheese

Saturday, October 12th

Last race in the 2019 ShadowChase 4-Race Series!



EVENT: 8:00 AM — 5K walk/run and 10K run
 9:30 AM — Youth 1-Mile run (under 18)
 9:45 AM—FREE Kids’ 300-meter fun run (ages 7 and 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:	Adults	Youth	Registration Period
	(ages 18+)	(ages 17 and under)	
Early Bird	\$30	\$15	through August 17
Pre-Registration	\$35	\$20	Aug. 18 – Sept. 21
Late Registration	\$35	\$20	Sept. 22 – Oct. 6
Race Day	\$40	\$20	October 12



All Early Bird and Pre-Registered runners receive a custom tech shirt in the size of their choice. Sizes cannot be guaranteed for Late registrants; Race Day registrants will receive shirts on a first come, first served basis)
All race proceeds benefit Riverbank High School athletic programs and Stanislaus County youth running programs.

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 and medals to top 3 places in each age division (male & female)
 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!*). Indoor restrooms: no port-a-potties!
 Computerized chip timing provided by ShadowChase Running Club. Awards will be handed out in chute.

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

2019 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

EVENT (circle one): 5K 10K Youth 1 Mile (*under 18 only*) **GENDER** (circle one): Male Female
Tech Shirt SIZE (circle one): Men’s: XS S M L XL 2XL 3XL Women’s: XS S M L XL 2XL 3XL 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)