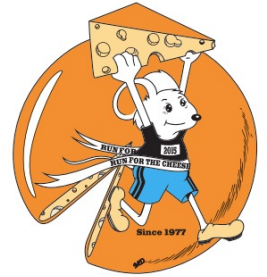


2023 Annual Riverbank Run for the Cheese

Saturday, October 14th



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

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



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



Register online at www.active.com



	Adults (ages 18+)	Youth (ages 17 and under)	Registration Period	
FEES:				
Early Bird	\$33	\$19	Until July 10th	
Pre-Registration	\$38	\$23	July 11 to Sept 10	
Late Registration	\$42	\$28	Sept 11 to Oct 10	
Race Day	\$45	\$30	October 14	<i>Adults on race day- NO SHIRT \$40</i>

All runners will receive a custom tech shirt in their size: however, late and race day registrants may have to wait about two weeks for a reorder (also, you will have to pick up /or pay an additional \$10 for postage and handling).

All race proceeds benefit Riverbank High School athletic programs and Stanislaus County youth running programs.

Pre-race shirt and packet pickup will be available October 13th from 4:00-6:30 pm at the Galaxy Theatres' east parking lot. 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: All finishers will receive medals!
 5K & 10K—Trophy, Cheese & Wine Glasses to 1st 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!*).
 Computerized chip timing provided by ShadowChase Running Club. Awards will be handed out in chute.

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