

(Please fill out completely to ensure proper race results)

Circle One

10K Run 10K without t-shirt 5K Run / Walk 5K without t-shirt Check if CRS member _____

Check if you fit a category(optional) Clydesdale (men 210+) _____ Athena (women 170+) _____

Name: _____ **Gender:** M ___ F ___

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Phone: _____ **Age:** _____ **Date of Birth:** _____

E-mail Address: _____

T-Shirt Size: S M L XL XXL (Circle One) (Guaranteed to participants registered by March 10)

By signing below, I understand that the La Porte County Family YMCA is not responsible for any loss or injury during the La Porte YMCA Run. I also understand that all participants, volunteers and guests must have personal insurance and that in case of a claim, the participant's or parent's (in the case of a minor) insurance is the primary carrier and that the YMCA's insurance will be the secondary carrier. I agree that any claim must go through my own insurance before the YMCA's insurance will cover any losses or claims. Furthermore, I will allow the YMCA to use my likeness or name in our advertising and marketing pieces. I understand that the YMCA is not responsible for lost or stolen items during the event. If I should need to be picked up by the YMCA vehicle or a volunteer's vehicle before, during or after the event, I will not hold the YMCA or volunteer responsible for any loss, injury or damages. I hereby hold the La Porte County Family YMCA, its staff and/or volunteers, as well as the Calumet Region Striders and any race sponsors, harmless for any injury or condition that may result from participating in this YMCA event.

Signature _____ **Date** _____

Guardian's Signature (anyone under the age 18) _____



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

10K RUN 5K RUN / WALK

**A Calumet Region Striders Gold Cup Series Race
LA PORTE COUNTY FAMILY YMCA**



Saturday, March 25th, 2017
Soldiers Memorial Park - La Porte, IN

Registration: 7:20-8:50 a.m.
10K Run : 9:00 a.m.
5K Run / Walk : 9:20 a.m.
Times are Central Time Zone.

Featuring CHIP TIMING and AWARDS for both 10K and 5K events!



**14th Annual La Porte YMCA Run
10K Run & 5K Run/Walk
Saturday, March 25th, 2017
Soldiers Memorial Park, La Porte, IN**

**7:20-8:50 a.m. — Registration
9 a.m. — 10K Run, 9:20 a.m. — 5K Run**

Times are Central Daylight Saving Time (CDT)

Directions:

Indiana Toll Road: Exit 49; south on Ind. 39 for 4 miles to La Porte. Turn right on Waverly Road (Pine House Inn on corner) for 3/4 mile.

Interstate 94: Exit 40; south on U.S. 35 to La Porte. Turn right on Waverly Road (Pine House Inn on corner) for 3/4 mile.

Ind. 2: Turn north in downtown La Porte on U.S. 35 (at Courthouse). Turn left on Waverly Road (Pine House Inn on corner) for 3/4 mile.

Northbound on U.S. 35: Straight through downtown La Porte on U.S. 35. Left on Waverly Road (Pine House Inn on corner) for 3/4 mile.

Course: The course starts near Stone Lake beach, takes you past Pine Lake, through scenic La Porte County and back through Soldiers Memorial Park. Both courses are certified by USA Track & Field (Certificate: IN16023TDK / IN16024TDK). The 10K and 5K have separate start lines, however, both races finish at Cummings Lodge. Please plan to arrive early.

Awards: Awards for top overall male and female finishers and top overall Masters (over age 40) male and female finisher in both races. Male and female age-group awards for the first three finishers in the following age groups in both races (unless noted): 8-and-under (5K only), 9-10 (5K only), 11-12 (5K only), 13-14 (5K only), 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 and 80-84 and 85+. Clydesdale (men 210+) first three finishers and Athena (women 170+) first three finishers.

All proceeds will benefit the Y's Annual Campaign. This campaign allows us to reach out to children, adults and families who need it most. Hundreds of people in La Porte County receive financial assistance to participate in programs and opportunities to grow in spirit, mind and body.

Entry Fee*:

10K Run

\$20 per entry by March 10, 2017

\$17 per entry by March 10, 2017 (without t-shirt)

\$25 per entry after March 10, 2017 (shirt not guaranteed)

5K Run / Walk

\$18 per entry by March 10, 2017

\$15 per entry by March 10, 2017 (without t-shirt)

\$23 per entry after March 10, 2017 (shirt not guaranteed)

* - \$2 DISCOUNT for CRS members.

Contact: Elizabeth Downs at 219-325-9622, or e-mail at edowns@lpymca.org. Race instructions and results available on www.lpymca.org or by following us on Facebook & twitter.



La Porte County Family YMCA
901 Michigan Avenue
La Porte, IN 46350
(219) 325-9622
www.lpymca.org

To Enter:

Fill out the attached entry form and make checks payable to the La Porte YMCA and mail to:

**La Porte YMCA Run
901 Michigan Ave
La Porte, IN 46350**

Online registration for the La Porte YMCA Run is available at www.goracego.com