

**(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 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 April 10th)

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, April 28<sup>th</sup>, 2018

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!



**15th Annual La Porte YMCA Run  
10K Run & 5K Run/Walk  
Saturday, April 28<sup>th</sup>, 2018  
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 for 3/4 mile.

**Interstate 94:** Exit 40; south on U.S. 35 to La Porte. Turn right on Waverly Road for 3/4 mile.

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

**Northbound on U.S. 35:** Straight through downtown La Porte on U.S. 35. Left on Waverly Road for 3/4 mile.

**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.**

**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](http://www.lpymca.org)

**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.

**Entry Fee\*:**

**10K Run**

\$30 per entry by April 10, 2018

\$25 per entry by April 10, 2018 (without t-shirt)

\$35 per entry after April 10, 2018 (shirt not guaranteed)

**5K Run / Walk**

\$28 per entry by April 10, 2018

\$23 per entry by April 10, 2018 (without t-shirt)

\$33 per entry after April 10, 2018 (shirt not guaranteed)

\* - \$2 DISCOUNT for CRS members.

**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.RunSignUp.com**