



Directions:

Indiana Toll Road: Exit 49; south on Ind. 39 for 4 miles to LaPorte. Turn right on Waverly Road (Super 8 on corner) for 3/4 mile.

Interstate 94: Exit 40; south on U.S. 35 to LaPorte. Turn right on Waverly Road (Super 8 on corner) for 3/4 mile.

Ind. 2: Turn north in downtown LaPorte on U.S. 35 (at Courthouse). Turn left on Waverly Road (Super 8 on corner) for 3/4 mile.

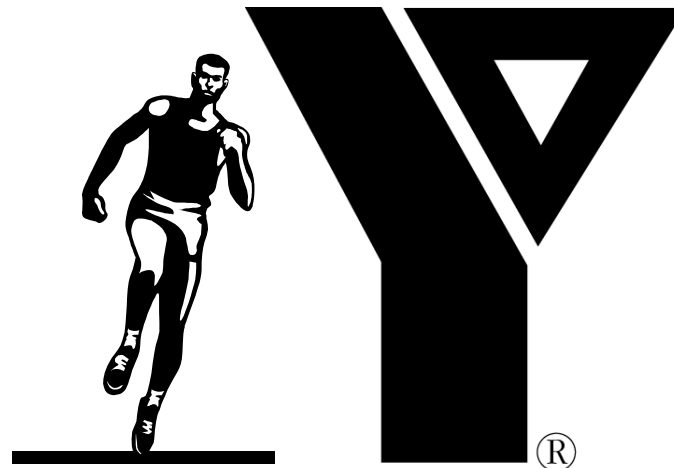
Northbound on U.S. 35: Straight through downtown LaPorte on U.S. 35. Left on Waverly Road (Super 8 on corner) for 3/4 mile.

All proceeds to benefit the YMCA's annual scholarship Campaign. This enables the LaPorte YMCA to offer programs and memberships to ALL the youth in our community. With the support of this campaign, the youth of LaPorte are able to grow through their spirit, mind and body. Thank you for your support.

Contact: Mark Schreiber at 219-325-9622, ext. 114, or e-mail at mschreiber@lpymca.org. Race instructions and results available on www.lpymca.org.



LaPorte Family YMCA
901 Michigan Avenue
LaPorte, IN 46350
219-325-9622 • www.lpymca.org



LAPORTE YMCA

10K RUN

5K RUN / WALK

Saturday, March 27, 2010

Soldiers Memorial Park

LaPorte, IN

Schedule

7:30 a.m. Registration begins

9 a.m. 10K Run begins

9:15 a.m. 5K Run/Walk begin

Times are Central Daylight Saving Time (CDT)

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

CALUMET REGION STRIDERS
GOLD CUP SERIES RACE

(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

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

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

Phone: _____ Age: _____ Date of Birth: _____ School: _____

E-mail Address: _____

T-Shirt Size: S M L XL (Circle One) (Guaranteed to participants registered before March 19)

By signing below, I understand that the YMCA is not responsible for any loss or injury during the LaPorte 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. I understand and accept that exercise, by its nature, is dangerous activity since it raises the heart rate and alters many body functions. I hereby hold the YMCA of LaPorte, its staff and/or volunteers, as well as the Calumet Region Striders, 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) _____

**LaPorte YMCA Run
10K Run & 5K Run/Walk
Saturday, March 27, 2010
Soldiers Memorial Park, LaPorte**

7:30 a.m. — Registration begins
9 a.m. — 10K Run begins, 9:15 a.m. 5K Run begins
Times are Central Daylight Saving Time (CDT)

Course: The course starts near Stone Lake beach, takes you past Pine Lake, though scenic LaPorte County and back through Soldiers Memorial Park. The 10K course is certified by USA Track & Field (Code: IN 06018 MW). 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: 14-and-under (10K 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-and-over. Additionally for the 5K run, male and female age-group awards for the first three finishers in the following age groups: 8-and-under, 9-10, 11-12 and 13-14.

Entry Fee*:

10K Run

\$17 per entry by March 19, 2010
\$15 per entry by March 19, 2010 (without t-shirt)
\$22 per entry after March 19, 2010

5K Run/Walk

\$15 per entry by March 19, 2010
\$13 per entry by March 19, 2010 (without t-shirt)
\$20 per entry after March 19, 2010

* - \$2 discount for CRS members if registered by March 19.

To Enter: Fill out attached entry form and make checks payable to the **LaPorte YMCA** and mail to:

**LaPorte YMCA Run
901 Michigan Ave
LaPorte, IN 46350**

On-line registration for the LaPorte YMCA Run is available at www.active.com.