

2022  
**Calumet Region Striders**  
**PROVISIONAL (Races are still being added)**



When a Gold Cup event consists of more than one race, please check the scoring requirements for your Gold Cup competition age (your age on July 1) to ensure that you are running the correct race. If you are competing in the Clydesdale or Athena Age Groups, you MUST run in those divisions if offered in a specific race in order to receive Gold Cup points.

Gold Cup Award Requirements  
 18 & Under must complete 5 races.  
 19 & Over must complete 10 races.  
 Elite Series Race \*\*\*

Note that the Elite Series Competition differs from the Gold Cup Competition and has a different set of scoring rules.

#	Date	Time	Race Name	Distance	Location	Age Groups
1	Saturday March 12	9:00 AM	Runnin' With the Irish	5K	Chesterton, IN	All
2	Saturday April 02	7:30 AM	Ringin in Spring	5K	Valparaiso, IN	All
3	Saturday April 09	9:00 AM	St Paul Spirit Run ***	5K	Valparaiso, IN	All
4	Saturday April 16	10:00 AM	Resurrection Run	10K	La Porte, IN	15 & Over
4	Saturday April 16	10:00 AM	Resurrection Run	5K	La Porte, IN	14 & Under
5	Saturday April 23	9:00 AM	Hub Run	5K	Crown Point, IN	All
6	Sunday May 08	8:00 AM	Run Like a Mother	5K	Crown Point, IN	All
7	Friday May 13	6:00 PM	Valpo K9 Race	5K	Valparaiso, IN	All
8	Saturday May 21	8:30 AM	Lotus Reach	5K	Valparaiso, IN	All
9	Monday May 30	9:00 AM	Trail Run Xtreme ***	12K	Portage, IN	All
10	Saturday June 11	8:30 AM	Munster Rotary Run-A-Round ***	10K	Munster, IN	15 & Over
10	Saturday June 11	7:45 AM	Munster Rotary Run-A-Round	5K	Munster, IN	14 & Under
11	Saturday June 18	7:30 AM	Firecracker	5K	Chesterton, IN	All
12	Saturday July 02	7:30 AM	Brickyard Run	5 Mile	Hobart, IN	15 & Over
12	Saturday July 02	7:30 AM	Brickyard Run	5K	Hobart, IN	14 & Under
13	Sunday July 03	6:30 PM	All American Mile ***	1 Mile	Highland, IN	All
14	Saturday July 09	8:00 AM	Festival of the Lakes Roadie Run	5K	Hammond, IN	All
15	Sunday July 10	9:00 AM	Running Wild for WP Zoo	5K	Michigan City, IN	All
16	Saturday July 23	7:30 AM	4H 4 Mile Hustle ***	4 Mile	Valparaiso, IN	All
17	Saturday August 06	8:00 AM	Nick Schultz - Live, Love, Give	5K	Lowell, IN	All
18	Saturday August 13	8:00 AM	Rotary Ramble ***	5K	DeMotte, IN	All
19	Saturday September 03	8:00 AM	Lowell Labor Day	5K	Lowell, IN	All
20	Saturday September 17	8:00 AM	Runnin' For Prestin	10K	Michigan City, IN	15 & Over
20	Saturday September 17	8:00 AM	Runnin' For Prestin	5K	Michigan City, IN	14 & Under
21	Sunday September 18	7:30 AM	Hub City Races	Half Marathon	Crown Point, IN	19 & Over
21	Sunday September 18	8:00 AM	Hub City Races	5K	Crown Point, IN	18 & Under
22	Saturday September 24	8:00 AM	Light the Darkness	5K	Merrillville, IN	All
23	Sunday October 02	9:00 AM	Field Station Frenzy ***	5K	Porter, IN	All
24	Saturday October 15	9:00 AM	Run for a Cause (Love, Jessica)	5K	Hammond, IN	All
25	Sunday October 16	1:00 PM	Lowell Classic	2K	Lowell, IN	8 & Under
25	Sunday October 16	1:30 PM	Lowell Classic	3K	Lowell, IN	9-10, 11-12
25	Sunday October 16	2:00 PM	Lowell Classic	4K	Lowell, IN	13 & Over
26	Thursday November 24	9:00 AM	Pumpkin Plod	10K	Highland, IN	All

[www.calstrider.org](http://www.calstrider.org)

Dedicated to the promotion of every aspect of road racing and fun running for health, fitness, camaraderie and the pure enjoyment of our sport.

Version: 01/21/22

# 2022 MEMBERSHIP APPLICATION



Mail application and fees to:

CALUMET REGION STRIDERS  
PO BOX 225  
GRIFFITH, IN 46319

**NOTE: ENTER MAILING AND EMAIL ADDRESSES  
BELOW TO RECEIVE THE INSTEP NEWSLETTERS,  
CRS CORRESPONDENCE, AND CRS EMAIL.**

					Dues must be paid to participate in Gold Cup Series				Optional Participation				Total Due			
First Name	Last Name	Birthdate		Gender		Individual Membership	Family Membership - covers all household members listed	5-Year Individual Dues	10-Year Individual Dues	Gold Cup Series						
		Month-Day	Year	M	F					Gold Cup Series Participant	Age Competition	Male Clydesdale 210 pounds plus	Female Athena 170 pounds plus			
Primary Household Member:					Check One						Check One					
Email Address:							\$15	\$20	\$55	\$100	\$35					+
Add'l Household Member:									\$55	\$100	\$35					+
Email Address:									\$55	\$100	\$35					+
Add'l Household Member:									\$55	\$100	\$35					+
Email Address:									\$55	\$100	\$35					+
Add'l Household Member:									\$55	\$100	\$35					+
Email Address:									\$55	\$100	\$35					+
<b>ADDRESS</b> _____ <b>CITY, STATE ZIP</b> _____ <b>PHONE CONTACT</b> _____					Less Discounts Applied: _____ -					Plus Optional Donations: Jim Cox Scholarship Fund + Stevens-Hamilton Disabled Runner Fund +					Total Enclosed =	

I know running and volunteering in club-sponsored events are potentially hazardous activities. I will refrain from entering and running in club activities if I am not medically able and/or properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering in club-sponsored events, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership. I, for myself, and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Calumet Region Striders, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of negligence or carelessness on the part of the person named in this waiver.

Signature: \_\_\_\_\_  
 Parent's signature if under 18 years of age.

Date: \_\_\_\_\_



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RINGING IN SPRING

2022



## VALPARAISO FAMILY YMCA

**SPONSOR  
VOLUNTEER  
DONATE**

INTERESTED IN BEING A  
SPONSOR OR A VOLUNTEER?  
Contact Jodi Jackson at  
jjackson@valpoyymca.org  
or 219.462.4185 x233.

Start your year off on the right foot by kicking off the running season with the NWI's largest spring-time race for 25+ years.

100% of proceeds benefit the Valparaiso Family YMCA's Annual Campaign, which serves our community through scholarships for membership, programming, and childcare so that every family and child has the opportunity to live life to the fullest.



**GOLD CUP  
ELITE SERIES**  
The largest  
springtime race  
in NW Indiana



**04.2.22  
REGISTER**  
[WWW.VALPOYMCA.ORG](http://WWW.VALPOYMCA.ORG)

**VALPARAISO FAMILY YMCA**  
1201 Cumberland Crossing Drive  
Valparaiso, IN, 46383  
219.462.4185 • [www.valpoyymca.org](http://www.valpoyymca.org)

Presenting Sponsor



**COMMUNITY  
HEALTHCARE SYSTEM®**  
St. Mary Medical Center

SPIRIT RUN 5K  
25<sup>th</sup> Annual Saint Paul 5K Run and ½ mile Youth Dash  
1755 W. Harrison Blvd. Valparaiso, IN  
*A Calumet Region Striders Gold Cup Series Race*

**Date & Time:** **Saturday April 9, 2022 9:00am 5K Race followed by Kids ½ mile fun run**  
Packet Pick Up- Begins at 8:00am

**Where:** Saint Paul Catholic School, 1755 W. Harrison Blvd (Enter in front door #1)

**Entry Fees:** \$30 for online registration (t-shirt): Available until March 25, 2022  
\$30 for mailed in registration (t-shirt) Must be post marked March 23<sup>rd</sup>  
\$10 for ½ mile kids fun run: t-shirt available until March 25th  
\$30 Race Day Registration (no shirt)

**T-Shirt Option:** **T-shirt may not be guaranteed after March 25th registration**

**5K Early Registration Discounts:** **Choose ONLY 1 early registration discount that may apply**  
\$2.00 discount for Calumet Striders and Gold Cup Participants  
\$5 Student discount for **5K ONLY**

**5K awards:** Awards given to overall and masters division male and female winners  
Top 3 winners in each age group/gender. Clydesdale and Athena also included

**Race Results:** T&H Timing will post results near finish line and online at  
[www.thtiming.com](http://www.thtiming.com)

**To Enter:** Register online at [RunSignUp](http://RunSignUp) OR [www.thtiming.com](http://www.thtiming.com) OR send in this form and cash/check payable to Saint Paul Catholic School, Attn: Spirit Run

**Contact:** Alicia Cooper@ 219-241-8676 or visit [www.stpaulvalpo.org](http://www.stpaulvalpo.org)

**Refreshments:** Complimentary treat bags will be prepackaged for runners post race  
RRCA sanctioned events prohibit the use of strollers and portable listening devices for the participant's safety.

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**Select One:**     5K Running Division                     ½ mile kids fun run  
                   Clydesdale (Male 210+lbs)                     Athena (Female 170+lbs)

**Name:** \_\_\_\_\_ **Age on Race Day** \_\_\_\_\_

(Please Print Clearly)

**Gender:** Male  Female     **Shirt Size:** YM YL AS AM AL AXL AXXL NONE

**Address:** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip Code** \_\_\_\_\_

**Phone number** \_\_\_\_\_ **Email** \_\_\_\_\_

I assume all responsibility and agree to release Saint Paul Catholic School, the Calumet Region Striders, race officials, workers, volunteers (collectively, the release) and all other sponsors from ANY AND ALL claims or liability, including without limitation the sole or contributory negligence of any or all the Releasees, whether seen or unseen. I attest that I am physically fit and have sufficiently trained for the Spirit Run 2022.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_



5K Run/Walk

10K "Resurrection" Run

Saturday, April 16th @

Door Village United Methodist Church

3502 Joliet Road, LaPorte, IN 46350



For more information: [www.newdayfoundation.com](http://www.newdayfoundation.com) or

contact Chris Kiser @ (219)309-0572

Checks can be made payable to

The NewDay Foundation Attn: NewDay Resurrection Run

% Door Village UMC

3502 Joliet Road

La Porte, IN 46350

8:00-12:00 Pancake breakfast (included with registration).

8:00 Same day registration & packet pick up opens.

9:00 Easter Egg Hunt sponsored by Door Village Lions.

9:30 Family Fun Run.

9:45 10K (gun) start

10:15 5K (gun) start

Awards to be held inside in the basement of DVUMC (location of pancake breakfast) upon completion of race.

The NewDay Foundation was founded in 2003 by Connie & Scott Marhanka while Connie was in the midst of a seven year battle with cancer. The Mission of the NewDay Foundation is to help cancer patients as they struggle with the everyday challenges of treatments and obstacles they may face.

Trophies for Top Male & Female, Overall & Masters.

Medallions for the top three male & female of each age group including Athena (170#) & Clydesdale(210#).

Age divisions: 8 & UNDER, 9-10, 11-12, 13- 14,15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Registration includes a t-shirt & pancake breakfast.



	5K	10K
Early bird thru 3/31	\$20	\$25
4/1 thru Race Day	\$25	\$30

\*\* Shirts are not guaranteed for those registering after 3/31.\*\*

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_ Phone # \_\_\_\_\_ 5K or 10K \_\_\_\_\_

Age \_\_\_\_\_ Shirt Size (+\$2 XXL/XXXL) \_\_\_\_\_ Male \_\_\_ Female \_\_\_

Athena (170#+ female) \_\_\_\_\_ Clydesdale (210#+Male) \_\_\_\_\_

Calumet Strider(\$2 off) \_\_\_\_\_ No Shirt Option (\$5 off) \_\_\_\_\_

Total Amount Enclosed: \_\_\_\_\_

I, the undersigned participant, certify that I am physically able to participate in the **NewDay Foundation Resurrection Race**. In consideration of this entry, I hereby for myself (or my minor child), heirs, executors and administrators agree to waive and release any claims that I may have against the **NewDay Foundation and Calumet Region Striders**, any and all members, agents, officers, employees and sponsors thereof, shall be released from any and all claims for personal injury or injury loss, or damage to personal property suffered or sustained by me in connection with, or arising out of, or resulting from, any and all activities associated with the **NewDay Foundation Resurrection Run** while on the premises of the United States, State of Indiana, City of La Porte, Door Village Church. I further assume the risk of personal injury, loss, or damage to myself and loss, injury and damage to my property while on the above premises and while participating in the above activities. I understand that I, my child or any family members may be photographed during the course of this public event and the photographs may be used in print media, the internet or for promotional purposes.

Signature (Parent/Guardian signature if under 18).



**HUB RUN 2022**  
100 W Burrell Dr.  
Crown Point, IN 46307

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
HAMMOND, IN 46320  
PERMIT NO. 1

Sign Up for the 41<sup>st</sup> Annual Hub Run  
Register by April 2<sup>nd</sup> to guarantee your shirt size.

[www.hubrun.org](http://www.hubrun.org)



# HUB RUN

## April 23, 2022

Starting 9:00am at Bulldog Park  
Crown Point, Indiana



## REGISTRATION

**Online:** www.runsignup.com with credit card

**Visit:** www.hubrun.org to download any additional registration forms.

**Mail:** Fill out, clip and mail registration form with check payable to:  
DEAN & BARBARA WHITE SOUTHLAKE YMCA

Attention: Hub Run • 100 W Burrell Dr. • Crown Point, IN 46307



## PRE-RACE

### Packet Pickup:

For your convenience you may pick up your race shirt on Friday, April 22 from 9-6:00pm at the Dean & Barbara White Southlake YMCA.

## RACE DAY

Race day registration and packet pick up on Saturday, April 23 from 7-8:30am.

## LOCATION

Bulldog Park at 183 S. West St.

\*Note all roads along course will be closed at 8:45am until race is over.

## SHIRTS

To guarantee shirt size, register by April 2. **After April 2, we will not guarantee your shirt size.** Registration ends at 8:30am SHARP on April 23!

## AWARDS

Award ceremony will immediately follow the race. Awards given to Top Female and Male Overall; first, second & third place finishers in each age division, Athena, and Clydesdale for the 5K run (Masters not eligible for age division award). **AWARD GIVEN TO THE ELEMENTARY SCHOOL WITH THE MOST PARTICIPANTS!**

## GENERAL INFORMATION

Contact Race Director Amy Lucka at 219 663 5810 or via email at alucka@crymca.org. The race will start and finish at the Bulldog Park at 183 S. West St., Crown Point, IN.

\*No dogs, bicycles, in-line/roller skates, wagons, or scooters are allowed on the course. **PARKING:** Wheeler Middle School, St. Mary's and Crown Point city streets. Race will be held rain, snow, or shine.

**FIRST AID:** Provided by the Crown Point Fire Department

**RESULTS:** 5K race will be timed using on-the-bib disposable chip timing technology. Full results will be posted at www.hubrun.org and www.thtiming.com.

## 5K AGE/WEIGHT DIVISIONS

0-8    9-10    11-12    13-14    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    80+  
Masters (40 and over)    Overall (Male & Female)    Athena (170+)    Clydesdale (210+)

## 5K REGISTRATION

**ON or BEFORE April 2, 2022**

5K Registration .....\$20.00  
Age 10 and under .....\$10.00

**ON or AFTER April 3, 2022**

Age 11 and above (Shirt size NOT guaranteed) .....\$25.00  
Age 10 and under (Shirt size NOT guaranteed) .....\$15.00

## 2K REGISTRATION

**ON or BEFORE April 2, 2022**

2K Registration .....\$12.00  
Age 10 and under .....\$8.00

**ON or AFTER April 3, 2022**

Age 11 and above (Shirt size NOT guaranteed) .....\$15.00  
Age 10 and under (Shirt size NOT guaranteed) .....\$10.00

**2022 HUB RUN REGISTRATION FORM** (please print)

TOTAL DUE: \$ \_\_\_\_\_ (SORRY, NO REFUNDS!)



Pre-registration Discount \$1.00 for CRS Members

Name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_

Elementary School \_\_\_\_\_

Age (as of 4/23/22) \_\_\_\_\_ Birthdate \_\_\_\_\_  Male  Female

Athena (170+)     Clydesdale (210+)

Enter me in 2K (1.24 miles)

Enter me in 5K (3.1)

ADULT STYLE-WICKING | YOUTH STYLE-COTTON

ADULT SIZE:    S    M    L    XL    XXL

YOUTH SIZE:    M    L

NO SHIRT (\$4.00 discount off of registration fee)



## WAIVER STATEMENT (Must be signed):

I attest and verify that, the undersigned, intending to be legally bound, hereby, for myself, and my heirs, successors and assigns, release any and all claims for losses and damages, attorney fees, court cost and cost of collection which I or the above named entrant (Entrant) may have now or in the future against any of the sponsors or organizers of this event, its agents, employees, officers, directors and volunteers, Calumet Regional Striders, arising out of or in connection with this event. I attest and verify I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. I grant full permission to any and all of the foregoing to use any photographs and other records of this event for any legitimate purpose.

SIGNATURE \_\_\_\_\_ Date \_\_\_\_\_

(Parent or Guardian signature if under 18 years of age). One form per participant only. Forms may be photocopied.





# HometownHappenings.net

## Run Like a Mother 5K/2K

**Sunday, May 8th, 2022, 8 am**  
**Lake Co Fairgrounds, 889 S Court, CP**

**Directions: From Downtown Square, South on Court St. to Park**



**Celebrate Mom while helping Moms & future Moms!**

- **Hosted by Robin Rock! Gifts for all Moms!**
- **FREE stemless wine glass included (while supplies last).**
- **Free Mimosas & Hot Breakfast after race.**
- **Awards for Top Overall & Top 3 in each Age Group. DJ Music.**

Register: [HometownHappenings.net](http://HometownHappenings.net) or mail w check to: Hometown Happenings, 312 Rose Ellen Dr, Crown Point, IN 46307 Cost thru 5/6: \$28 adults, \$20 kids. 5/7 & Event Day: \$35 all ages. Shirts extra \$15 thru 4/28.



CRS Gold Cup Members use code "StriderGC2022" for \$2 off.

## Supporting Mommy's Haven Maternity Home



**2022 Run Like a Mother**

Male: \_\_\_\_\_ 5K Adult(\$28) \_\_\_\_\_  
 Male: \_\_\_\_\_ 2K Adult(\$28) \_\_\_\_\_  
 Female: \_\_\_\_\_ 5K Child 12 & under(\$20) \_\_\_\_\_  
 Female: \_\_\_\_\_ 2K Child 12 & under(\$20) \_\_\_\_\_

Age on 5/8: \_\_\_\_\_ Shirt(\$15) \_\_\_\_\_  
 Clydesdale: \_\_\_\_\_ Athena: \_\_\_\_\_ Total: \_\_\_\_\_

Name : \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City, St, Zip: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Phone: (\_\_\_\_) \_\_\_\_\_

**Shirt size (Please circle) Fit: Regular Women's Cut**  
**Adult: S M L XL XXL Youth: M L**

Vote for Your local Women's Charity: \_\_\_\_\_  
 or choose: Teen Moms Mommy's Haven

**WAIVER STATEMENT (Must be Signed)**

I attest and verify that, the undersigned, intending to be legally bound, hereby for myself, and my heirs, successors and assigns, release any and all claims for losses and damages, attorney fees, court cost and cost of collection which I or the below named entrant (Entrant) may have now or in the future against any of the sponsors or organizers of this event, its agents, employees, officers, directors, The Calumet Region Striders and volunteers, arising out of or in connection with this event. I attest and verify I am physically fit and have sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed medical doctor. I grant full permission to any and all of the foregoing to use any photographs and other records of this event for any legitimate purpose.

Participant knows and assumes personal risk of coming into contact directly or indirectly with individuals who have been exposed to and/or diagnosed with one or more communicable diseases including but not limited to Covid-19 and any of its mutations or other medical conditions and/or diseases. It is impossible for Hometown Happenings and those supporting the event to completely eliminate the risk that any participant can become exposed or infected through contact with or within proximity to any individual with a communicable disease. Participants will render Hometown Happenings harmless to any and all claims with respect to any & all personal injury/illness/death regardless of negligence or otherwise.

Signature: \_\_\_\_\_  
 (Parent /Guardian if under 18 years)

Date: \_\_\_\_\_

**May 7th thru Event Day: \$35 all ages.**



# Registration Form

# Guardians of the Night 5K-9 Run & 1-Mile Dog Walk



**Friday, May 13, 2022**  
**Central Park Plaza (Valparaiso, IN)**

**5:30 p.m. (Jr. Police Fun Run); 6:00 p.m. (Run) & 6:15 p.m. (Dog Walk)**

**Pre-register on-line at [www.runsignup.com](http://www.runsignup.com) until 8 A.M. May 12, 2022. 5K Competitive Run (All ages) & 1 Mile Walk Ages 13 & Older - \$20; Children 12 & under (1-Mile Walk only) - \$13**

**NEW: Jr. Police Run (Un-timed Fun Run for younger children, T-shirt included) \$12 (Two-block run east on Indiana Ave. from Lafayette St. to Washington St.)**

**Race Day Registration: \$25 (Run & Walk) at Central Park Plaza (Lincolnway & Lafayette) Moisture wicking shirts guaranteed to all runners & walkers pre-registered before 5/4/22.**

Awards presented to Overall Male/Female finishers; Overall Male/Female Master (age 40+) winners; and top 3 the following male/female finishers in Athena for Women weighing 170 lbs. and over; Clydesdale for men weighing 210 lbs.; 8 & under; 9-10; 11-12; 13-14; 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; 80 & over.

Computerized Timing provided by T&H Timing. Split times at every mile and water stations on the course. No strollers, bicycles, in-line skates, or scooters allowed. Handicap equipment is permitted. The 5K run is a road course with moderate hills.

**Packet pickup:** Wed. (5/11) & Thurs. (5/12) at Extra Mile Fitness Co., 1330 E. Lincolnway, Valparaiso, IN 46383 from 10:30 a.m. – 6:30 p.m. or on-site race day at Central Park Plaza prior to the race, beginning at 4:30 p.m.

**Proceeds benefit the Valparaiso Police K-9 Unit (Hosted by FOP Lodge #76)**

**Mail-in pre-registration must be postmarked before May 2, 2022.**

Name: \_\_\_\_\_ Age Race Day: \_\_\_\_\_ Gender \_\_\_\_\_

Address \_\_\_\_\_ City: \_\_\_\_\_ State \_\_\_\_\_, Zip \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_ Circle Shirt Size: YS S YM M YL L XL XXL

(\_\_\_\_ 5K Run) (\_\_\_\_ 1 Mile Walk) (\_\_\_\_ 1 Mile Walk Children 12 & Under) (\_\_\_\_ Jr. Police Run) (Check One)  
**5K runners select: \_\_\_\_\_ Open Division (age groups) or \_\_\_\_\_ Athena/Clydesdale Division**

**Mail-in Race Entry \$20 for 5K Run and Walk (1 Mile Walk Children 12 & under \$13.00) or Jr. Police Run \$12**

Submit checks payable to Valparaiso FOP (memo line "5K9") and mail to Sgt. J.Cowser, 355 Washington St., Valparaiso, IN 46383. Email [jcowser@valpopd.com](mailto:jcowser@valpopd.com) with questions.

Notice: By completing this form, I assume all responsibility and agree to waive any responsibility for injury or loss for the race organizers, sponsors, volunteers, Calumet Region Striders or any other entity associated with this event. I verify that I am physically fit and have trained sufficiently for this event.



# 5<sup>th</sup> Annual Lotus Reach 5k Run/Walk

## May 21, 2022



### 2022 GOLD CUP SERIES RACE



- Time:** Race - 8:30am, On-site Registration - 7:30am
- Location:** Sunset Hill Farms, 775 Meridian Road, Valparaiso, IN 46385
- 5k Entry Fee:** Early Registration with t-shirt: \$30  
After April 30th & on race day: \$35 - shirts are not guaranteed.
- Run Awards:** Top 3 male & female overall finishers, top 3 male & female masters (40+), top 3 Athena finishers, top 3 Clydesdale finishers, and top 3 male & female in each age group.
- Adv Bib & T-shirt Pick-up:** Friday, May 20th: 10am-7pm  
Extra Mile Fitness Company, 1330 E. Lincolnway, Valparaiso, IN 46383
- Race Day Pick-up:** Saturday, May 21st: 7:30am - 8:15am  
Sunset Hill Farm, registration area
- Refreshments:** Refreshments & food available after the race
- Contact:** Tracy LeBio at [lotusreach.tl@yahoo.com](mailto:lotusreach.tl@yahoo.com)

**Register Online at: [www.thtiming.com](http://www.thtiming.com)**

*After the Race* a drawing will be held for all participants to win door prizes & gift cards from local businesses!

**Gabriel's Horn Shelter's  
Annual Trail Run Xtreme  
12K**

**MEMORIAL DAY 2022  
MONDAY, MAY 30<sup>th</sup>**



**At Imagination Glen Park EAST  
BMX Entrance off of 149 just North of 20  
12K Run Start- 8am**

**This is 2022 XYZ Trail Series and Gold Cup Race  
Advanced packet pick up will be available at Extra Mile  
Fitness on May 26th from Noon - 5PM.**

**XTREME PARTNERS: Gabriel's Horn Shelter,  
Outback Trail Commission, Portage Parks and  
The Extra Mile Fitness Company**

**Online registration is available at \_  
[www.thtiming.com](http://www.thtiming.com) (choose May 30<sup>th</sup> Trail  
Run Xtreme)**

# MEMORIAL DAY 12K TRAIL RUN XTREME

Monday, May 30th, 2022  
Imagination Glen Park EAST,  
North State Road 149  
Portage, IN 46368  
Starts @ 8am

**XTREME PARTNERS: Gabriel's Horn Homeless Shelter, Outback Trail Commission, Portage Parks and The Extra Mile Fitness Co.**

Awards for the 12K Run presented to the top overall male and female finishers, top male and female masters, and top three finishers in each age group: 8 & under; 9-10, 11-12, 13-14, 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; 80+ ; Athena and Clydesdale. Awards will also be presented to the First Male and Female Finisher representing each branch of the military. Participants are only eligible to win one award. Post-race snack food/drinks will be available. Majority of proceeds benefit Gabriel's Horn Homeless Shelter with remainder to Outback Trail Commission.

## Entry fees:

Online or Mail-in \$40 (Race Day \$50).

All mail in registrations must be post marked before May 20, 2022

For more information E-mail: [mhammond@gabriels-horn.org](mailto:mhammond@gabriels-horn.org)

-----  
Name: \_\_\_\_\_ Age Race Day: \_\_\_\_\_  
Gender \_\_\_\_\_ Athena \_\_\_\_\_ Clydesdale \_\_\_\_\_  
Address \_\_\_\_\_ City: \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_ Phone: \_\_\_\_\_  
E-Mail: \_\_\_\_\_  
Military Branch (if applicable) \_\_\_\_\_

## Mail-in Race Entry Fee - \$40

Make checks payable to: Gabriel's Horn Homeless Shelter and mail to:

Gabriel's Horn Shelter  
P.O. Box 943  
Portage, IN 46368

## \*Online registration is available at [www.thtiming.com](http://www.thtiming.com)

It is my understanding that this activity is an extreme event and may cause physical harm. In signing this form, I accept all responsibilities for any injuries resulting from participation and release all organizers and sponsors, volunteers, Calumet Striders, Outback Trail Commission, Gabriel's Horn and all entities associated with this event of any claims. I attest that I am physically fit and have sufficiently trained for this strenuous event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# Munster Rotary Club

33rd Annual

## Run-A-Round

10K (6.2 Miles) Run Elite Gold Cup  
5K (3.1 Miles) Run (Jr. Gold Cup) • 5K Walk



Saturday, June 11, 2022 (Rain or Shine)

### FOLLOW US ON FACEBOOK

- TIME:** Registration Online. 5K run and 5K walk begins at 7:45 am, 10K run at 8:30 am.  
Registration closes 6:00 p.m. Friday, June 10, 2022
- PLACE:** Munster High School football field, 8808 Columbia Avenue. **PARKING:** Across from football field
- COURSES:** Scenic Route-Paved Roads-Water Stations (3)-Splits (5K-1/10K-3)-USATF Certified
- ENTRY FEE:** Pre-Registration \$25.00. \$30.00 after June 5th. (\$35 to run both races)  
Family of four - \$75.00 (Pre-registration only) Must be mailed & received by June 6th.  
Sport backpack guaranteed for first 250 pre-registrants, as available on day of race.
- AWARDS:** Runs - 1st Overall Male & Female Plaques  
1st-2nd-3rd All Divisions-Male & Female Medals  
Walk - 1st Overall Male and Female Plaques  
Masters Division - (40+) Male and Female Plaques
- DIVISIONS FOR RUNS: MALE AND FEMALE:** Clydesdale, Athena, 8 & under, 9-10,11-12, 13-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-80, 80+

**CRS Gold Cup Series Race**

**Computerized Scoring**

**Entries: Make Checks Payable to Munster Rotary Club**

Mail Entries To: Race Director

P.O. Box 3241

Munster, Indiana 46321- 0241

E-mail: chuckk555@gmail.com

Register online: [www.thtiming.com](http://www.thtiming.com) or [www.runsignup.com](http://www.runsignup.com)

Click on the Upcoming Races tab at the left

Questions? Call Chuck Kerr at 219-713-5419

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

AGE \_\_\_\_\_ SEX \_\_\_\_\_ RACE (Circle) 5K WALK 5K RUN 10K RUN

CLYDESDALE \_\_\_\_\_ ATHENA \_\_\_\_\_

GOLD CUP MEMBER? YES \_\_\_\_\_ NO \_\_\_\_\_ CARA MEMBER? YES \_\_\_\_\_ NO \_\_\_\_\_ IF YES CARA # \_\_\_\_\_

\$22.00 Fee For Gold Cup and CARA Members (Pre-Registration Only) Discount code: StriderGC2022

Gold Cup participants age 15 and over must participate in 10K for credit towards Gold Cup points.

**IMPORTANT: Please read before signing.** WAIVER: In consideration of your acceptance of this entry, I hereby for myself, heirs, executors and administrators, waive any and all rights and claims for damages I may have against the Munster Rotary Club, Inc., Striders, CARA and any other race organizers or sponsors, for any and all injuries suffered by me in connection with said event, including pre and post activities. By my signature, I acknowledge that I have read and understand the prior terms and conditions.

SIGNATURE \_\_\_\_\_ PARENT'S \_\_\_\_\_

(If under 18, must have signature of parent or guardian)

DATE \_\_\_\_\_

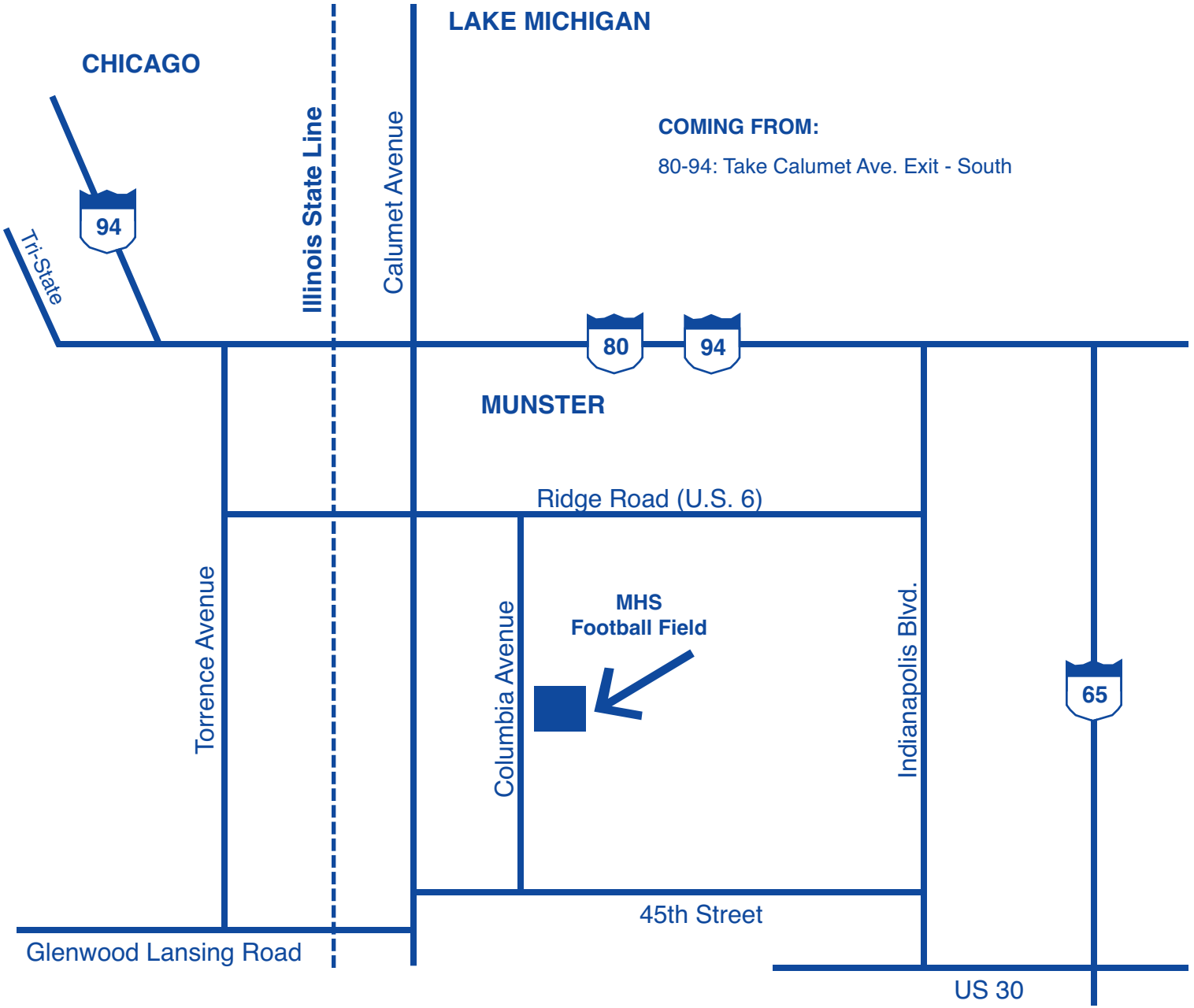
E-mail Address: \_\_\_\_\_

LAKE MICHIGAN

CHICAGO

COMING FROM:

80-94: Take Calumet Ave. Exit - South



P.O. Box 3241  
Munster, IN 46321