

2022

Calumet Region Striders

FINAL SCHEDULE (NO FURTHER RACES WILL BE 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	15 & Over
16	Saturday July 23	7:30 AM	4H 4 Mile Hustle	1.5 Mile	Valparaiso, IN	14 & Under
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

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: 06/30/22

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					+
ADDRESS _____ CITY, STATE ZIP _____ PHONE CONTACT _____					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: _____



Eight Annual 4-H 4-Mile Hustle

1.5-Mile Hustle for Healthy Living
at the Porter County Fair - Saturday, July 23rd, 2022
The fourth H is Healthy Living! Runners & walkers of all abilities are encouraged to participate!

Location:

Porter County Fair (217 E. Division Road, Valparaiso, IN 46383)

Schedule of Events:

6:15-7:15 a.m. Registration
7:30 a.m. 4-Mile Hustle
7:35 a.m. 1.5-Mile Hustle for Healthy Living
Awards Ceremony & Refreshments following the race.
(Times are Central Daylight Saving Time (CDT).)

Advanced Packet Pick-Up & Registration:

Packet pick-up begins at 6:15 on race day and will also be available on Friday, July 22nd from 11:00 a.m.-6:00 p.m. at: Extra Mile Fitness Company (1330 E. Lincolnway, Valparaiso, IN 46383)

Entry Information:

Registration fees (all distances): \$25 with shirt before 7/9/22
Registration Fees (all distances): \$30 with shirt after 7/9/22
NO SHIRT: \$4.00 discount off of registration fee
Pre-Registration Discount \$1.00 for CRS members
Or register online at www.thtiming.com
(Race shirts cannot be guaranteed after July 8. No refunds will be issued for any reason.)

Results:

The 4-H 4-Mile Hustle will be electronically timed by T&H Timing. Full results will be posted at: www.thtiming.com

4-Mile Hustle Award Divisions:

Unique 4-H awards for: Top Overall Male & Female, Top Masters Male & Female (age 40+), Top Athena (170+ lbs.), Top Clydesdale (210+ lbs.); Top 3 in the following age groups: 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 & up. Finisher medals for all participants!

1.5-Mile Hustle for Healthy Living Award Divisions:

Unique 4-H awards for: Top Overall Male & Female; Top 3 in the following age groups, male & female: 10 & under, 11-12, 13-14, 70-74, 75 and over. Finisher medals for all participants!
(Unclaimed overall and age group awards and race packets for individuals registered but did not participate in the event may be claimed within seven days following the event at the 4-H Building at the Porter County Fair. After seven days all unclaimed items will be repurposed.)

Contact Information:

Joan M. Grott, 4-H Youth Development Extension Educator
joangrott@purdue.edu, 219-465-3555
Justin Higer, 4-H Junior Leader Advisor
jhiger@purdue.edu

Online Registration (Preferred):

<https://runsignup.com/Race/IN/Valparaiso/4H4MileHustle>
<https://thtiming.com>



ONLINE REGISTRATION IS ENCOURAGED! Register online at www.thtiming.com or send the following entry form with entry fee to: Porter Co. 4-H 4-Mile Hustle, 155 Indiana Ave., Ste. 301, Valparaiso, IN 46383. Please present in person after 7/14/22 to ensure delivery prior to race.

Name: _____ Age: ____ Date of Birth: _____

Address: _____ City, State, ZIP: _____

Gender: ___Female ___Male Phone: _____ E-Mail: _____

Registration Options:

- ___ \$25 4-Mile Hustle with shirt (Before 7/9/22)
- ___ \$25 1.5-Mile Hustle for Healthy Living with shirt (Before 7/9/22)
- ___ \$30 4-Mile Hustle with shirt (After 7/9/22)
- ___ \$30 1.5-Mile Hustle for Healthy Living with shirt (After 7/9/22)
- ___ NO SHIRT: \$4.00 discount off of registration
- ___ Pre-Registration Discount: \$1.00 for CRS members
- ___ Age Group ___ Clydesdale ___ Athena

If selecting a shirt option, please indicate size:

Adult Size: ___S ___M ___L ___XL ___XXL

Youth Size: ___S ___M ___L

(*Race shirts cannot be guaranteed after July 8, 2022. No refunds will be issued for any reason.)

Were you recruited to participate by a 4-H member? If so, please list their name: _____

\$___ Amount Enclosed (Payable to: Porter Co. 4-H Junior Leaders)

In consideration of being permitted to participate in the 4-H event (the "Activity"), I (together with my parent or guardian, if I am under the age of eighteen or under a legal disability) represent, covenant and agree, on behalf of myself and my heirs, assigns, and any other person claiming by, under or through me, as follows:

1. I acknowledge that participating in the Activity involves certain risks (some of which I may not fully appreciate) and that injuries, death, property damage or other harm could occur to me or others. I accept and voluntarily incur and assume all risks of any injuries, damages, or harm which arise during or result from my participation in the Activity, regardless of whether or not caused in whole or in part by the negligence or other fault of the Activity sponsors, their representatives and agents, Purdue University, The Trustees of Purdue University and/or its or their departments, trustees, affiliates, employees, officers, agents or insurers and Calumet Region Striders ("Released Parties").
2. I waive all claims against any of the Released Parties for any injuries, damages, liabilities, losses or expenses, whether known and unknown, which arise during or result from my participation in the Activity, regardless of whether or not caused in whole or part by the negligence or other fault of any of the Released Parties. I release and forever discharge the Released Parties from all such claims.
3. I agree to indemnify and hold the Released Parties harmless from and against any and all losses, liabilities, damages, costs or expenses (including but not limited to reasonable attorneys' fees and other litigation costs and expenses) incurred by any of the Released Parties as a result of any claims or suits that I (or anyone claiming by, under or through me) may bring against any of the Released Parties to recover any losses, liabilities, damages, costs or expenses that arise during or result from my participation in the Activity, regardless of whether or not caused in whole or part by the negligence or other fault of any of the Released Parties.
4. Furthermore, I hereby grant full permission to the sponsors of the Activity to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion of the Activity or any similar events in the future.

I have carefully read and reviewed this Waiver, Release, Hold Harmless and Consent, which is governed by Indiana law. I understand it fully and I execute it voluntarily.

EXECUTED this _____ day of _____, 20____.

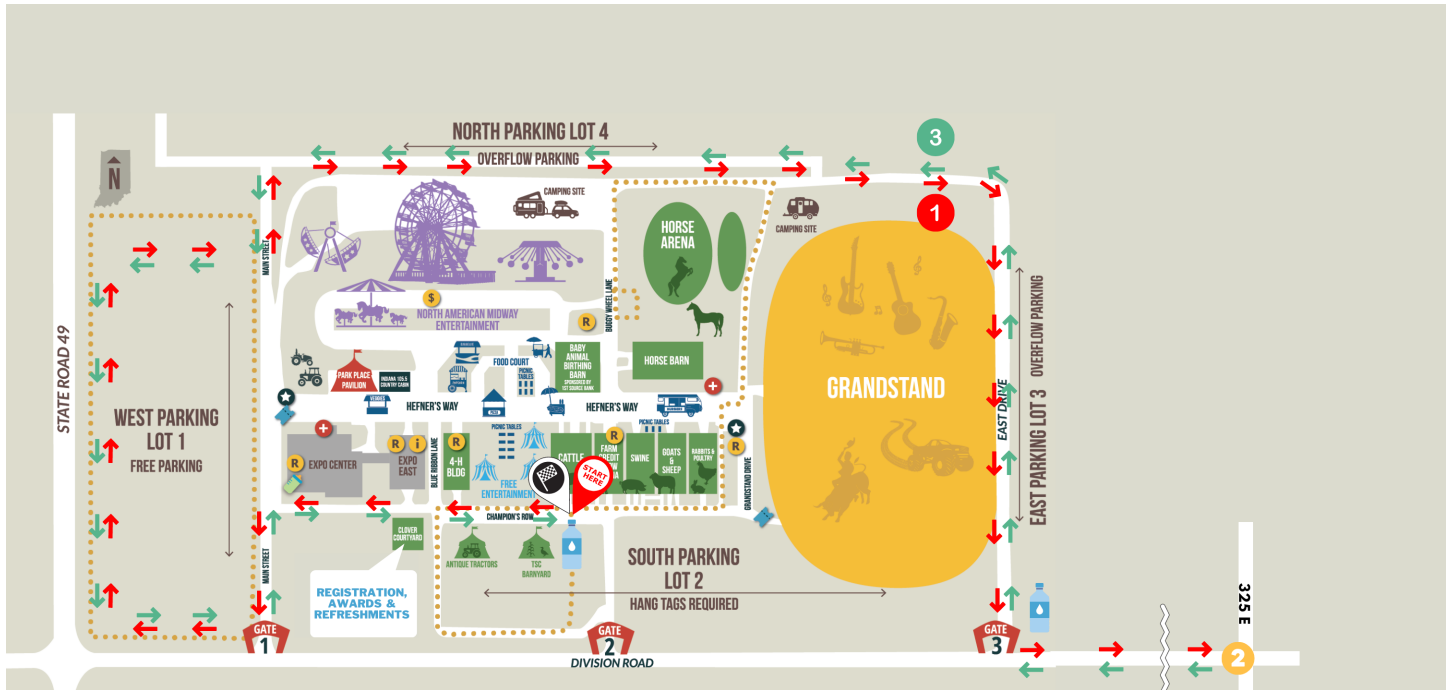
Participant Signature

Parent or Guardian Signature (if Participant is under age 18 or under a legal disability)

Participant's Printed Name

Parent/Guardian Printed Name





- | | | | |
|---------------------------|--------------------|----------------------|----------------|
| Gate Entrance | Fair Office | Grandstand | 4-H/Animals |
| Entry (tickets available) | Restrooms | Park Place Pavilion | Carnival Rides |
| Grandstand Ticket Booth | ATM | Free Entertainment | Concessions |
| Shuttle Route | Emergency Services | Expo Center Shopping | Camping |
| Lactation Station | | | |



- | | | | |
|---------------------------|--------------------|----------------------|----------------|
| Gate Entrance | Fair Office | Grandstand | 4-H/Animals |
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| Shuttle Route | Emergency Services | Expo Center Shopping | Camping |
| Lactation Station | | | |

LABC Presents:
7th Annual – Nick Schultz Live, Love Give
5K Run/Walk Saturday August 6th, 2022



A CRS Gold Cup Series Race



Please join us for the Sixth Annual Nick Schultz Live Love Give 5K Run / Walk on August 6, 2022 at 8:00 AM. ***Special 58th Place Finisher Award*** There will be music, T-Shirts (Limited sizes available for Race Day registration). This race will help the Lowell Athletic Booster Club in helping Lowell Student Athletes and the Live, Love, Give – Nick Schultz Memorial Scholarship. This Scholarship was established in honor and as a lasting tribute to Officer Nick Schultz,

“Live” represents the way Nick lived his life by following his dreams of playing football and becoming a police officer.

“Love” symbolizes the way Nick loved and cherished his family, friends, profession, school and community.

“Give” signifies how Nick’s legacy lives on through organ donation.

ONLINE AND RACE DAY REGISTRATION

Course: This 5K Run/Walk is a flat fast course that starts on Bel Aire Dr. next to Dairy Queen and continues West on Jeffrey Dr. to Crestline Dr. then left (West) on Douglas drive and right (North) on Burr Street. A right turn (East) on 175th and left (North) on Mount St and a right on 173rd Ave, and the course leads out of residential to the beautiful rural setting on the North side of Lowell past Red Wing lake. A right on Holtz Rd. at the 2 mile mark leads you to the “NEW” finish line on the “58” Yard Line of the Football Field!! The route is paved and covers the scenic rural north side of Lowell.

When: August 6th 2022 , 8:00 A.M.

Early packet pick up will be available at Lowell High School NORTH LOT Door 21 on Friday August 5th from 5-9 pm

Race Day registration will be held at Lowell High School NORTH LOT by the football stadium from 6-7am

Where: Lowell High School NORTH Lot

Awards: Presented after the 5K Run/Walk. Trophies for Overall Male and Female finishers, and Overall Male and Female Masters finishers. 1st, 2nd, and 3rd place awards for age group and Clydesdale and Athena divisions. **Age**

Groups: 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+, RDP Kids Dash: For kids 8 and under mail in or register on race day. No online registration.

T-Shirts: Guaranteed sizes to all pre-registered runners and walkers. T-Shirts will be available on race day until gone. Sizes not guaranteed on race day.

Directions To Lowell High School - 2051 E. Commercial Ave, Lowell, IN, 46356: From Route 41: Take Route 2 East through Lowell to Holtz Road The high school is on the northwest corner of Route 2 and Holtz Road. Turn Left on Holtz Road then Left into North School parking lot. There will be some parking in the front (south) school parking lot and parking in the back (North) school parking lot. From Route 65: Take Route 2 West to Holtz Rd. The high school is on the northwest corner of Route 2 and Holtz Rd. Turn Right on Holtz Rd then left into North School parking lot. There will be some parking in the front (south) school parking lot and parking in the back

7th Annual – Nick Schultz Live, Love, Give 5K Run/Walk 8/6/2022

Register On-line at: runsignup.com/Race/IN/Lowell/NickSchultzLLG or mail

to:

**Nick Crago Race Director
2051 E. Commercial Ave
Lowell, IN, 46356
Contact Phone: 219-477-8198**

ONLINE AND RACE DAY REGISTRATION

Individual Registration:		Family Registration Discounted Price:	
_____ 5K Run _____ 5K Walk	\$30 _____	Family of 2	\$50 _____
\$2 Pre-registration Discount	- _____	Family of 3	\$70 _____
\$2 Gold Cup Discount (Code)	- _____	Family of 4	\$90 _____
\$2 No T-Shirt Option	- _____	(Includes T-Shirt)	
Total	\$ _____	Total	\$ _____

*****Family Discount Registration Note:*** Each individual must fill out a separate registration form as times are by individual.*****

*****Family Pricing saves on average 20% per person**

Other discounts (pre registration, Gold Cup & No T Shirt) are not applicable when using the Family Discount***

Make Checks Payable to :

**LABC (Lowell Athletic Booster Club)
2051 E Commercial Ave. Lowell, IN, 46356**

Shirt Size: S M L XL XXL Sex: M F

Choose One If Eligible: Clydesdale (210lbs+)/ Athena (170lbs+) - Not eligible for Age group Divisions if choosing Clydesdale or Athena division!

Name: _____ Age on Race Day: _____

Address: _____

City, St, Zip: _____

E-Mail: _____

Waiver:

I know that participating in this event is a potentially hazardous activity. I understand I should not enter and run or walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the 5K run/walk. I assume all risks associated with running or walking this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and humidity, traffic and the conditions of the road., all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of being the LABC (Lowell Athletic Booster Club) accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the LABC (Lowell Athletic Booster Club) and its officers and agents, directors, employees and volunteers, the Calumet region Striders, Lowell High School, and all other sponsors, and their representatives from all claims and liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any record of this event for any legitimate purpose.

Signature: _____

Date: _____

While it would make the race easier please—No Bicycles, inline skates, roller blades, scooters or other wheeled vehicles in the race. Wheelchairs and strollers are allowed.

***** Special 58th Finisher Award*****



41st Annual

ROTARY RAMBLE

"WOODEN SHOE RACE"

5K RUN OR FITNESS WALK

Saturday, August 13, 2022

Start Time: 8:00 am CDT (Chicago Time)

PRE-REGISTRATION-Online/ByMail
(Postmarked by Saturday, August 6th)

- With T-Shirt \$20.00
- No Shirt \$15.00
- Family Fee-full parent fee paid, w/shirt, each child 14 & under \$12.00
- Gold Cup Series Discount Deduct \$2.00

Each person must fill out separate entry form.

Mail To: Rotary Ramble, P.O. Box 47, DeMotte, IN 46310

Make Checks Payable to: Rotary Ramble

LATE REGISTRATION-Online/Onsite only
(Online Registration thru Thursday, August 11)

- \$3 Discount for Online Registration
- No Onsite Discounts
- With T-Shirt (no size guarantee) \$25.00
- No Shirt \$20.00
- Family Fee-full parent fee paid, w/shirt, each child 14 & under \$14.00

Onsite Registration & Packet Pick-up

DeMotte Elementary School
US 231 Halleck St., DeMotte
Friday, (8/12/21) 6:30 - 7:30 pm
Saturday, (8/13/21) 6:45-7:45 am

Online Registration: runsignup.com/rotaryramble

Online Results: www.thtiming.com

Run Divisions

8 & Under	9-10	11-12	13-14	15-16	17-18
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 & up					

Special Run Divisions*

Male

Clydesdale 1...210-229#
 Clydesdale 2...230# plus

Female

Athena 1...150-169#
 Athena 2...170# plus

*not eligible for age division awards.

Fitness Walk Divisions (Male & Female)

39 & Under (1) • 40-49 (1)
 50-59 (1) • 60-69 (1) • 70 & up (1)

MAKE CHECKS PAYABLE, DETACH & MAIL TO ROTARY RAMBLE • P.O. Box 47 • DeMOTTE, IN 46310

PLEASE PRINT

M F

FIRST NAME _____ LAST NAME _____ SEX _____ AGE (on race day) _____ BIRTHDAY M/D/Y _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____ TELEPHONE # _____

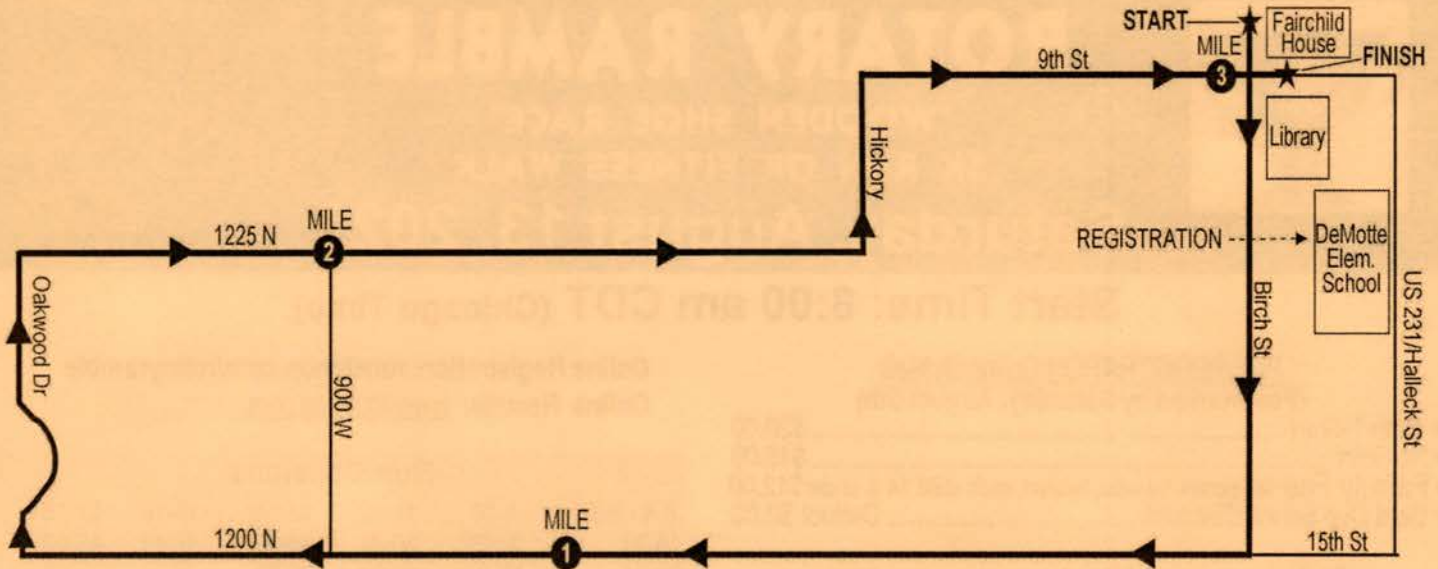
T-Shirt Size (Circle One) NONE SM MED LGE XLGE XXLGE _____ E-MAIL ADDRESS _____

Division: (Circle One Only) 5K RUN 5K WALK CLYDESDALE 1 CLYDESDALE 2 ATHENA 1 ATHENA 2 2022 Gold Cup
 (M-210-229) (M-230 UP) (F-150-169) (F-170 UP)

PLEASE READ ENTRY FORM AND WAIVER CAREFULLY BEFORE SIGNING.

I know that running a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with my voluntary participation in this event including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and /or humidity, precipitation, animals, traffic and road conditions. I further assume and will pay my own medical and emergency expenses in the event of an accident, illness, or other incapacity regardless of whether I have authorized such expenses. Knowing these facts, I, for myself, heirs, executors, administrators, or anyone else who might make a claim on my behalf, COVENANT NOT TO SUE, WAIVE ALL CLAIMS AGAINST, AND FULLY RELEASE & DISCHARGE the DeMotte/Kankakee Valley Rotary Club, the Gleener Life Insurance Society Jasper County Arbor, the Town of DeMotte, Kankakee Valley School Corporation, Calumet Region Striders, race participants, race officials, workers, volunteers, and all sponsors, (collectively, the "Releases") for ANY AND ALL claims of liability, including without limitation the sole or contributory negligence of any or all the Releases, whether foreseen or unforeseen, for death, personal injury (whether temporary or permanent), or property damage arising out of, or in the course of my participation in and/or travel to & from this event. I further grant permission to all of the foregoing to use any photographs, motion pictures, recording, or any other record of this event for any legitimate purpose. No refunds if this event is cancelled. I attest that I have read the race rules and agree to abide by them.

Participant's _____ DATE _____
 Signature or (Parent if under 18 years old)



DIRECTIONS TO DEMOTTE

From the South: I-65 to Ind. 10 exit (DeMotte/Roselawn) East on Rt. 10 for 3- $\frac{3}{4}$ mile, turn north (left) on Rt. 10 (John Deere) for 3 miles (4 way stop). North on 231 approximately 4/10ths of a mile. DeMotte Elementary School is on the left.

From the North: I-65 to Rt. 2 exit (Lowell). Go East (left) on Rt. 2 for 5 1/2 miles. Turn South (right) on Rt. 231 (flashing red light) for 6-8/10ths miles. DeMotte Elementary School is on the right.

From the East: U.S. 30 West to Ind. 49 South, until it intersects with Rt. 10 (Wheatfield). Turn West (right) on Rt. 10 for 8 miles (also Rt. 231). Follow Rt 231 North around curve for approximately 4/10ths of a mile. DeMotte Elementary School is on the left.

RAMBLE SPONSORS

- Gleaner Insurance Society
- Fieldhouse Ford
- Fieldhouse Chrysler Dodge Jeep Ram
- Wiers Chevrolet Cadillac GMC
- The Hamstra Group Inc
- Belstra Milling Inc
- Culbreth Lawn and Tree
- Demotte State Bank
- Edward Jones Demotte
- Kapers Building Materials
- CI Insurance
- Pizza Hut
- Save-a-lot Grocery Stores
- Fase Water Treatment & Rental
- Ace Hardware Demotte

INFORMATION:

E-mail: rotaryramble@hotmail.com

General Information:

NO Refunds or transfer of numbers

The following are NOT ALLOWED on the course: Baby joggers and/or strollers, scooters, animals, bicycles, skateboards, roller blades/skates or other wheeled objects (except wheelchairs) or music playing audio devices. **Indiana High School Cross Country runners must receive waiver from Athletic Director to compete.**

AWARDS

5K Run: Wooden shoes to the top three overall male and female finishers, the first three finishers in each age & special run divisions; masters, youngest, oldest.

Fitness Walk Wooden shoes to the first three overall male and female finishers, the oldest finisher and the first male and female finisher in each age division.

Course Records:

Francisco Medrano	14:52	2010	Lafayette
Kelly Cordell	16:30	2000	San Luis Obispo, CA

USATF certified course IN13045 TDK

Gold Cup Series race
Chip timed • Ultra "on the bib" timing tags
Mostly flat course • 3 water stops
Split times at every mile

Tri-Creek Education Foundation Lowell Labor Day Weekend 5K



Saturday, September 3, 2022
8:00 a.m. start



ONLINE <https://runsignup.com/Race/IN/Lowell/LowellLaborDayWeekend5K>

Download Form @ www.t-cef.org

RACE INFO

b/f August 2nd \$25 Adult (15 and up) \$10 Youth (14 and under) \$2 Calumet Strider Discount

after August 2nd \$30 Adult (15 and up) \$10 Youth (14 and under) \$2 Calumet Strider Discount

SHIRT ORDERS MUST BE POSTMARKED by AUGUST 2nd.

Registration and shirt pick up ~ 6:30-7:30 a.m. ~ credit cards **are not** accepted

Ample parking and facilities are available on site.

Parking @ 195 West Oakley Avenue (follow signs to registration).

TIMING

Computerized chip timing by T&H Timing. Split times at every mile and water stations on the course. No pets, bicycles, in-line skates, roller shoes, scooters, skateboards or other vehicles allowed on the course. Strollers are welcome.

PROCEEDS

Proceeds from this event benefit the Tri-Creek Education Foundation, therefore no refunds.

More information: t-cef.org or e-mail tcef@tricreek.k12.in.us.

Email: tcef@tricreek.k12.in.us **Phone:** (219) 750-1262 **Text:** (219) 808-1063

AWARDS

Medals and door prizes will be presented immediately following the race

Awards presented to: Top overall male and female finishers

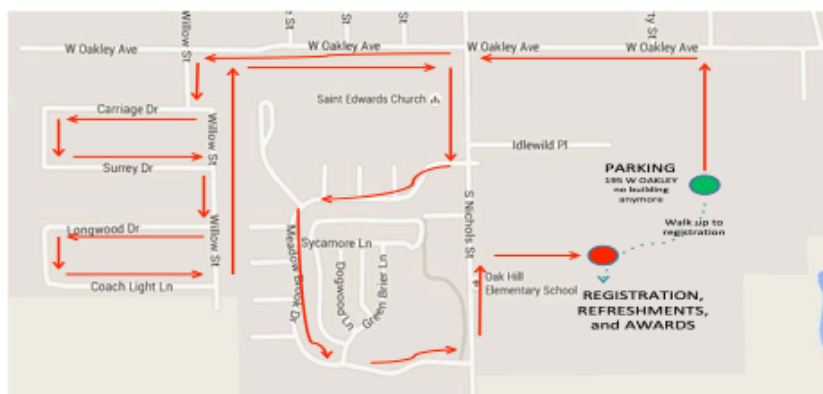
Top male and female masters finishers

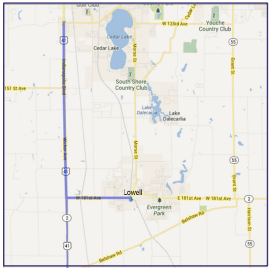
Top three finishers in each division (female and male)

Athena & Clydesdale

AWARD DIVISIONS

0-6	7-8	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+





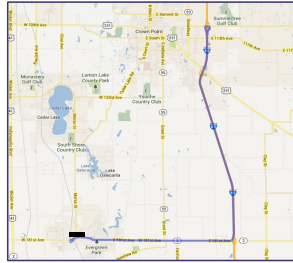
Directions to Parking

From 41 North or South to 195 West Oakley Ave

Turn east onto IN-2/181st Ave
 Continue to follow IN-2 for 2.3 mi
 Turn right (S) onto Liberty St for 0.1 mi
 Turn left (E) onto W Oakley Ave
 Destination will be on the right
 Enter drive marked "5K Parking"

From 65 North or South to 195 West Oakley Ave

Take exit 240 for IN-2 toward Lowell
 Turn west onto IN-2/181st Ave
 Continue to follow IN-2 for 6.4 mi
 Turn left (S) onto Liberty St for 0.1 mi
 Turn left (E) onto W Oakley Ave
 Destination will be on the right
 Enter drive marked "5K Parking"



FOLLOW SIGNS IN PARKING LOT TO REGISTRATION

COURSE ROUTE



5K Run/Walk



Tri-Creek

Education Foundation

Lowell Labor Day Weekend 5K

Saturday, September 3, 2022

8:00 a.m. start

**THANK YOU FOR
YOUR SUPPORT!**

LOWELL LABOR DAY WEEKEND 5K

Saturday, September 3, 2022

DISCOUNTED PRICE & T-SHIRT if POSTMARKED BY AUGUST 2

- _____ \$25 Adult (15 yrs & older)
- _____ \$23 Calumet Strider member
- _____ \$10 Youth (14 yrs & under)
- _____ \$12 t-shirt **YOUTH** S M L XL (circle size)
- _____ \$16 t-shirt **ADULT** S M L XL XXL \$18 (circle size)
- _____ TOTAL ENCLOSED

POSTMARKED AFTER AUGUST 2 – shirts not available

- _____ \$30 Adult (15 yrs & older)
- _____ \$28 Calumet Strider member
- _____ \$10 Youth (14 yrs & under)
- _____ TOTAL ENCLOSED

NAME (please print) _____

GENDER M F **DOB** ____/____/____ **AGE on 9/3/22** _____

OR Athena/Clydesdale (please circle)

EMAIL _____

PHONE _____ ***EMAIL AND/OR PHONE REQUIRED**

TRI-CREEK SCHOOL _____ (present/former student, parent, employee, friend)

Waiver Statement (Must be signed):

I, for myself, my heirs, executors, personal representatives, and assigns, hereby release Tri-Creek Education Foundation, the Town of Lowell, Calumet Region Strider Club and all government bodies or districts representing the geographic area(s) in which the 2022 Tri-Creek Education Foundation Run/Walk is held, all sponsors, contractors, officials, and it's and their offices, directors, trustees, employees, representatives, successors, and assigns (collectively, the "Released Parties") from and against any and all claims under any theory (including without limitation, injury, illness, damage, loss or harm to me or my property or my death however caused) that may arise as a result of my participation in the Run/Walk, including activities that I engage in relating to the Run/Walk that occur before or after the Run/Walk. I attest and verify that I am physically fit and able to participate in the Run/Walk of this type. I grant my permission to the Released Parties to reproduce my name, likeness, image, personality and voice by any audio or visual recording technique now known or hereafter devised in connection with publicity and promotional activities connected to the Run/Walk and or released in all media. In case of emergency, I authorize the Released Parties to arrange for or provide such medical care assistance, treatment and/or services including without limitation surgery to me as they determine to be necessary. I hereby release, discharge, relinquish and hold harmless the Released Parties from any medical care, assistance, treatment or services to me at any time whether such services are provided by health care professionals, paramedics, or other persons.



Participant's Signature _____

Date _____

Parent/Guardian Signature if under 18 _____

Date _____



REGISTRATION

Online - www.runsignup.com or www.thtiming.com

Download Form @ www.t-cef.org

Mail registration form with check payable to:

Tri-Creek Education Foundation, 19290 Cline Avenue, Lowell, IN 46356

TO ORDER SHIRTS, REGISTRATIONS MUST BE POSTMARKED BY AUGUST 2

RACE DAY

Registration and shirt pick up ~ 6:30-7:30 a.m.

Ample parking and facilities are available on site.

COMPUTERIZED CHIP TIMING

Computerized chip timing by T&H Timing. Split times at every mile and water stations on the course. No pets, bicycles, in-line skates, roller shoes, scooters, skateboards or other vehicles allowed on the course. Strollers are welcome.



PROCEEDS

Proceeds from this event benefit the Tri-Creek Education Foundation, therefore no refunds. More information: t-cef.org or e-mail tcef@tricreek.k12.in.us.

CONTACT INFORMATION

Email: tcef@tricreek.k12.in.us **Phone:** (219) 750-1262 **Text:** (219) 808-1063

AWARDS and DOOR PRIZES

Medals and door prizes will be presented immediately following the race.

Awards presented to: Top overall male & female finishers

Top male & female masters

Top three finishers in each division (male & female)

AWARD DIVISIONS

0-6	7-8	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

Athena & Clydesdale

**THANK YOU FOR SUPPORTING
TRI-CREEK EDUCATION FOUNDATION**



5k&10k Registration Form

Saturday, September 17th

8am staggered start

Washington Park, Michigan City

(Splash Pad Shelter across from the zoo)

Send registration forms to:


6666 W. Michael Pl. Michigan City, IN 46360

Go to www.RunninforPrestin.com for more information or to register online

Questions can be directed to Chris Kiser @info@runninforprestin.com

Trophies for Top Male and Female, Overall and Masters
 Medallions for the top three of each age gender age group, Athena and Clydesdale.
 Names of Heroes (loved ones who have battled cancer) will be along the course.
 Prestin was 10 years old when he was diagnosed with medulloblastoma, an aggressive form of brain cancer. He has battled his cancer with determination and a joyful spirit. This race is in honor of him and all children who are Heroes in the fight against cancer. Race proceeds go towards pediatric cancer research at Riley's Children's Hospital. Pediatric cancer is the least funded cancer research, yet every day 47 children are diagnosed and 7 die from cancer!



	5K	10K	
6/1 – 8/31	\$25.00	\$30.00	 *Calumet Striders receive a \$2.00 discount.
9/1 until Race Day**	\$30.00	\$35.00	*Opt for no shirt and take \$5.00 off registration fee.

* Shirts/sizes are not guaranteed after 8/31

Name _____
 Address _____
 Email _____ Phone Number _____ 5k or 10K _____
 Age _____ Shirt Size _____ Male _____ Female _____

10K ONLY! Athena (170+ female) _____ or Clydesdale (210 lbs.+ Male) _____
 Emergency Contact Name and Number _____
 Calumet Strider _____ No Shirt Option _____

If you would like to run or walk in honor or memory of a loved one who has battled cancer (your HERO), please write their name here _____

I, the undersigned participant, certify that I am physically able to participate in the "Runnin' for Prestin and All Children 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 *Runnin' for Prestin and All Children of LaPorte County* 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 "*Runnin' for Prestin and All Children Race*" while on or about the premises of the United States, State of Indiana, Michigan City, Washington Park. 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 member(s) may be photographed during the course of this Public Event and the photographs may be used in print media or on the internet for promotional purposes.

 Signature (signature of parent if under 18)



HometownHappenings.net

Hub City Half & 5K

Sunday, Sept 18th, 7:30 am/8 am
Lake Co. Fairgrounds
889 S. Court St., Crown Point

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

SPECIAL FEATURES:

- **Wicking shirts** to all participants registered by Sept.8th.
- **Chip start timed race.** Half is **USATF Certified**
- **Top Overall, Top Master & Top 3** in each age group for Half/5K
- Stations w/ **water**, sports drinks & gels.
- **DJ Music & post race snacks.**

Register at HometownHappenings.net or mail form with check to:
 Hometown Happenings, P.O. Box 1225, Crown Point, IN 46308

2022 - 20 Miler: \$55 thru 8/31. 9/1 & after: \$65.
Finish Medal incl thru 9/1. Shirts extra \$15 thru 9/8.

2022 - Half: \$45 thru 8/31. 9/1 & after: \$55.
Finish Medal incl thru 9/1. Shirts extra \$15 thru 9/8.

2022 - 10K: \$30 thru 8/31. 9/1 & after: \$35.
Finish Medal incl thru 9/1. Shirts extra \$15 thru 9/8.

2022 - 5K: \$20 thru 8/31. 9/1 & after: \$25.
Finish Medal incl thru 9/1. Shirts extra \$15 thru 9/8.



Proud Member of **CRS Gold Cup Series!** Use code
"GoldCupHalf" = \$5 off Half. "GoldCup22" = \$2 off 5K
 Questions? Email: Tim@YourHometownEvents.com

"To give anything less than your best is to sacrifice the gift" ~ Steve Prefontaine

20 Miler: \$55 thru 8/31. 9/1 & after: \$65..... \$ _____
Half: \$45 thru 8/31. 9/1 & after: \$55. \$ _____
10K: \$30 thru 8/31. 9/1 & after: \$35.. \$ _____
5K: \$20 thru 8/31. 9/1 & after: \$25. \$ _____
Shirt (Extra \$15 thru 9/8.) \$ _____
Total \$ _____

(Less \$5 for Half or \$2 for 5K if Gold Cup Member)

Age on 9/18: _____

Male: _____ Female: _____ Clydesdale: _____ Athena: _____

Name : _____

Address: _____

City, St, Zip: _____

Email: _____

Phone: (_____) _____

Shirt \$15 extra (Circle) Fit: Regular Women's Cut

Adult: S M L XL XXL **Youth:** M L

Promotion Code: _____

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: _____