

# 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](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: 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					+
<b>ADDRESS</b>					Less Discounts Applied: _____ -											
<b>CITY, STATE ZIP</b>					Plus Optional Donations:											
<b>PHONE CONTACT</b>					Jim Cox Scholarship Fund _____ +											
					Stevens-Hamilton Disabled Runner Fund _____ +											
					<b>Total Enclosed</b> _____ =											

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: \_\_\_\_\_

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 58<sup>th</sup> 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 175<sup>th</sup> 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

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

**Register On-line at: [runsignup.com/Race/IN/Lowell/NickSchultzLLG](http://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**

<b>Individual Registration:</b>		<b>Family Registration Discounted Price:</b>	
_____ 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 58<sup>th</sup> 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

**Online Registration:** [runsignup.com/rotaryramble](http://runsignup.com/rotaryramble)

**Online Results:** [www.thtiming.com](http://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**

**Female**

Clydesdale 1...210-229#

Athena 1...150-169#

Clydesdale 2...230# plus

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)

### 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**

**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

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

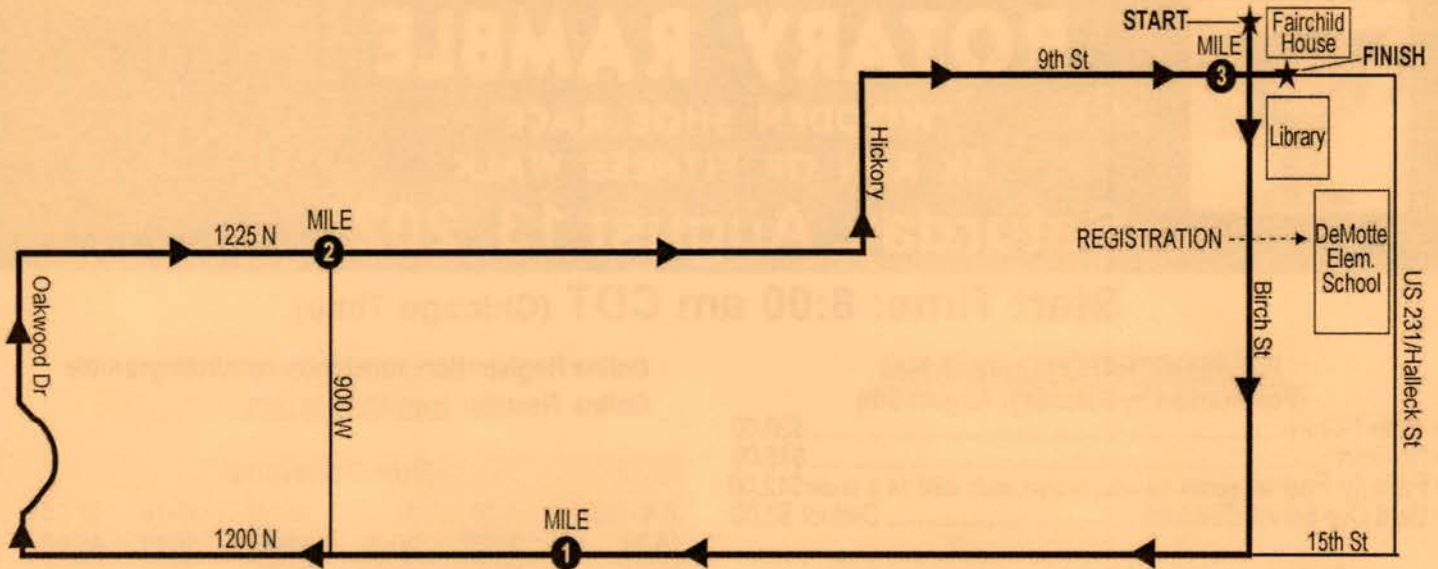
### PLEASE READ ENTRY FORM AND WAIVER CAREFULLY BEFORE SIGNING.

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

Signature or (Parent if under 18 years old)

DATE



### 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](mailto: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](http://www.t-cef.org)

## RACE INFO

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

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

SHIRT ORDERS MUST BE POSTMARKED by AUGUST 2<sup>nd</sup>.

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](http://t-cef.org) or e-mail [tcef@tricreek.k12.in.us](mailto:tcef@tricreek.k12.in.us).

**Email:** [tcef@tricreek.k12.in.us](mailto: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

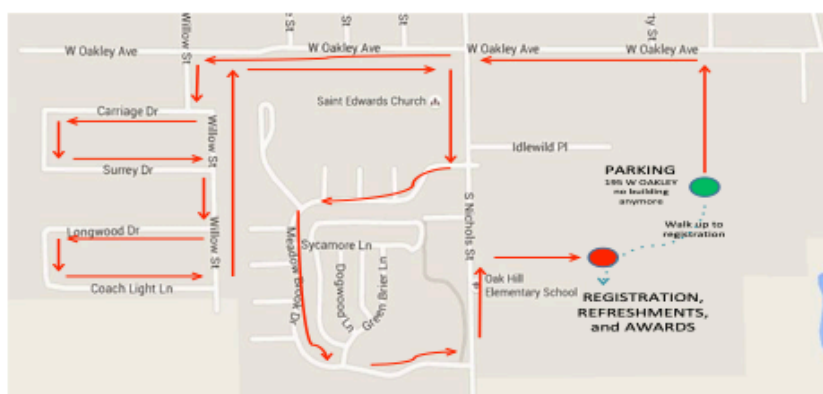
Top male and female masters finishers

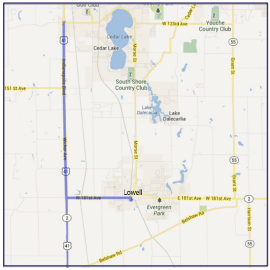
Top three finishers in each division (female and male)

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+	





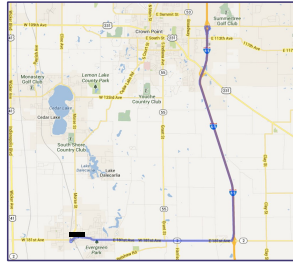
### Directions to Parking

#### From 41 North or South to 195 West Oakley Ave

Turn east onto IN-2/181<sup>st</sup> 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-2/181<sup>st</sup> 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](http://www.runsignup.com) or [www.thtiming.com](http://www.thtiming.com)

**Download Form** @ [www.t-cef.org](http://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](http://t-cef.org) or e-mail [tcef@tricreek.k12.in.us](mailto:tcef@tricreek.k12.in.us).

**CONTACT INFORMATION**

**Email:** [tcef@tricreek.k12.in.us](mailto: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 17<sup>th</sup>

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](http://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](mailto: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: \_\_\_\_\_