



3rd Annual  
**STRIDE TO BE FIT**  
**5k Fitness Walk**



DATE: Sunday, October 1, 2017  
 TIME: Walk Starts at 10:00 a.m.  
 Race Day Registration: 8:30 a.m.– 9:45 a.m.  
 Check-In at Shelter No. 1 (by main entrance)

PLACE: Wicker Memorial Park  
 8554 Indianapolis Boulevard  
 Highland, IN 46322

ENTRY FEE: \$20.00 which includes a T-shirt  
**Must pre-register by September 16, 2017 to guarantee T-shirt**  
**VERY LIMITED T-shirts will be available on race day for additional \$5.00**  
**\*\*\*Every participant will receive a finisher's medal at the finish line\*\*\***

MAKE CHECKS PAYABLE TO: Visit [WWW.CALSTRIDER.ORG](http://WWW.CALSTRIDER.ORG) for more information  
**"CALUMET REGION STRIDERS"**  
 P.O. Box 225, Griffith, IN 46319

**REGISTER ONLINE AT**  
**WWW.RUNSIGNUP.COM**  
**"STRIDE TO BE FIT 5k"**

QUESTIONS?: Email Lisa Moreno at [vp@calstrider.org](mailto:vp@calstrider.org)

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Phone: \_\_\_\_\_

Male/Female: \_\_\_\_\_ Email: \_\_\_\_\_

T-shirts– unisex (circle one): Small Medium Large X-large 2XL\* 3XL\*  
 (\$2.00 upcharge for 2 XL - \$3.00 upcharge for 3XL)

In signing this form, I know that participating in a fitness walk is a potentially hazardous activity. I should not participate unless I am medically and physically able to do so, and it is my sole responsibility to determine if I am physically able to participate in the Stride to be Fit 5k. I understand the nature of the event and I assume ALL risks associated with my voluntary participation in this event including, but not limited to, falls, contact with other participants, effects of the weather including extreme temperatures and traffic. I agree to waive any and all claims or liability whether foreseen or unforeseen, for death, personal injury, or property damage arising out of, or in the course of my participation of this event for Calumet Region Striders, its volunteers and all sponsors. I hereby grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature (Parent's Signature if under 18 years)

Date