



Spirit Run 5K

20th Annual St. 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 29th, 2017 9:00am Race start (1/2 Mile Youth Dash @ 8:30)**
Packet pick-up and race-day registration 8:00-8:40am c.s.t.

Where: Saint Paul Catholic School, 1755 W. Harrison Blvd., Valparaiso, IN 46385 (Enter in back; Door #9)

Entry Fee: \$20 for online registration (no t-shirt): available until Thursday, April 27th at 11:00 PM
\$22 for mailed in registration (no t-shirt): must be received by April 15th
 \$25 if registering by mail after April 15th or on Race Day (no T-shirt)
 \$5 for the ½ mile Youth Dash

T-shirt option: Additional \$5 for a t-shirt. (T-shirts will not be available for purchase after April 15th)

5K Early **Choose ONLY 1 early registration discount that may apply:**
 Registration \$2.00 discount for Calumet Striders and Gold Cup participants (GoldCup)
 Discounts: Or \$5.00 discount for students (18 and under)
Discounts will not be applied after April 15th.

5K Awards: Awards given to overall and masters division male and female winners.
 The top three winners in each age/gender category, Clydesdale & Athena will also receive awards.

Race Results: T&H Timing (chip timing) will post results inside the gymnasium and online at www.thtiming.com

To Enter: **Register online at www.thtiming.com OR send this form and a check payable to: Saint Paul Catholic School, Attn: Spirit Run, 1755 W. Harrison Blvd, Valparaiso, IN 46385.**

Contact: Race Director Joe Starkey @ (219) 689.2864 or stpaulspiritrun@gmail.com. Or visit www.stpaulvalpo.org.

Refreshments: Complimentary refreshments and baked goods available after the race.

RRCA sanctioned events prohibit the use of strollers and portable listening devices. This is for the participant's safety.

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Select One: Running Division Youth Dash (ages 2-9)
 Clydesdale (Male 210+ lbs.) Athena (Female 170+ lbs.)

Name: _____ Age on race day: _____
 (Please Print Legibly)

Gender: Male_____ Female _____ Shirt Size: YM YL S M L XL XXL None

Address _____

City _____ State _____ Zip _____

Phone _____ E mail _____

I assume all responsibility and agree to release Saint Paul Catholic School, the Calumet Region Striders, race officials, workers volunteers, (collectively, the Releasees) 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 Spirit Run 2016.

Signature _____ Date _____



20th Annual Saint Paul Catholic School 5K Spirit Run
1755 W. Harrison Blvd.
Valparaiso, Indiana 46385
SPCS phone: 219-462-3374
SPCS website: www.stpaulvalpo.org
Race e-mail: stpaulspiritrun@gmail.com

From the south on Route 30:

Go north on Washington St. (Rt. 2 becomes Washington St)
Turn left (west) on Lincolnway (IN-130)
Turn right (north) on Campbell St.
Turn left (west) on Harrison
School is roughly 1 mile on left.

From the north at Route 6:

Go south on Meridian Rd. (which
Eventually becomes Campbell St.)
Turn right (west) on Harrison Blvd.
School is roughly 1 mile on left.

From the west:

Drive east on IN 130 towards Valparaiso
Turn left (north) on County Rd. 150 West
Cross the railroad tracks and then turn right (east) on Harrison.
School is roughly 0.5 miles on your right

Park in the back of the building and enter through door #9.

Saint Paul Catholic School
1755 W. Harrison Blvd.
Valparaiso, Indiana 46385

Join us for the 2017 Saint Paul Catholic School Spirit Run and challenge yourself on our hills!

Students 18 and under receive a \$5.00 discount with preregistration for the 5K!

Home baked cookies and indoor pre and post-race facilities will be available.