

5K Run & Walk

Saturday, April 3, 2010



ringin in spring 2010

DIAMOND & PLATINUM SPONSORS

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CALUMET REGION STRIDERS

Join Calumet Region Striders (CRS) & Gold Cup Series to receive set discounts on race entries and their monthly newsletter. Visit www.calstrider.org for details.

CARA

The Chicago Area Runners Association (CARA) is a non-profit organization devoted to expanding, motivating, supporting and celebrating the running community of Chicagoland. CARA connects runners to resources that enable them to run – further, faster, better, for life.

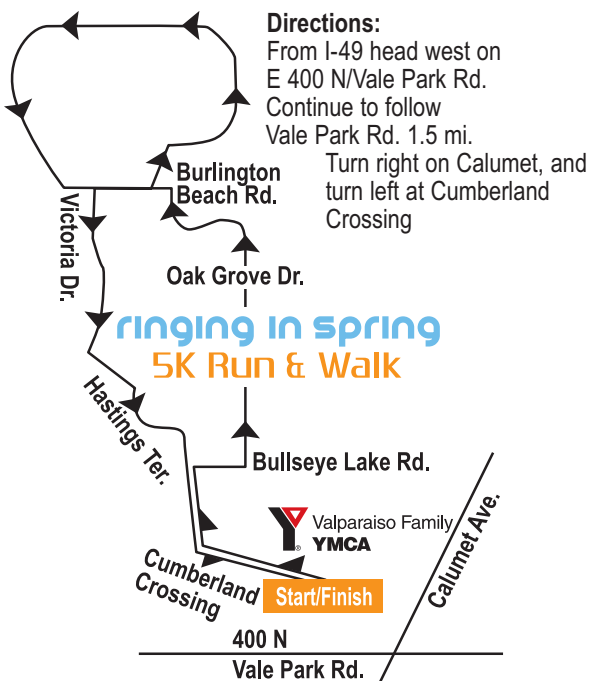
Due to CARA's advocacy efforts, runners in the Chicago area enjoy some of the highest quality road races in the country. This race has partnered with CARA and, on behalf of its runners, has agreed to comply with and uphold CARA's Best Practices Guidelines. The object of these Guidelines is accuracy, safety and comfort for runners in a road race. To view the Guidelines and to learn more about CARA, visit www.cararuns.org.

MORE INFO

Contact Race Director Mike Jones at the Valparaiso Family YMCA at (219) 462-4185, ext. 239. Visit our web site at www.ringingspring.com or e-mail: mike@ringingspring.com.

LOCATION AND DIRECTIONS

Location: Valparaiso Family YMCA
1201 Cumberland Crossing, Valparaiso, Indiana



Non-Profit
Organization
U.S. Postage
Permit No. 174
Valparaiso, IN 46383

Valparaiso Family
YMCA
1201 Cumberland Crossing Dr.
Valparaiso, IN 46383

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 Valparaiso Family
YMCA

1201 Cumberland Crossing Drive
Valparaiso, Indiana 46383

The Valparaiso Family YMCA welcomes you!
100% of proceeds benefits YMCA fitness programs.

www.ringingspring.com



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REGISTRATION

Name: _____

Address: _____

City: _____

State & Zip: _____

Phone: _____

E-Mail: _____

Date of Birth: _____ Age: _____

Male Female

Child Care – Age(s): _____

Run Entry (01302)

Walk Entry (01303)

Walkers only: Predicted time _____ minutes _____ seconds

Team Entry (01302-02)

CARA Member Number: _____

Gold Cup Entry Yes No

Must register by March 22 for any discount.

Discount \$2 to members of Gold Cup or CARA.
 Discount \$1/person for families with 3+ members or teams of 5+ participants registering together (same envelope, one entry form per person). May combine family/team and club discount, maximum of \$3/person.

Please send registration form with a check payable to the **Valparaiso Family YMCA, 1201 Cumberland Crossing Dr., Valparaiso, IN 46383**, or register securely online* with your credit card at www.ringinginspring.com.

* Note: There will be a small processing fee added for online entry.

For team entries only:

Team Name: _____

Team Members: _____

Teams must consist of at least 5 people, with one entry form per person, sent in same envelope. No race day team entry.

T-shirt Size: S M L XL

T-shirt Style:	Before 3/22	After 3/22
<input type="checkbox"/> None	\$12	\$16
<input type="checkbox"/> Men's wicking short sleeve	\$18	\$22
<input type="checkbox"/> Women's wicking short sleeve	\$18	\$22
Less Discount:	\$ _____	\$ <u>n/a</u>
Total:	\$ _____	\$ _____

Non-refundable entry fee.

Mailing Address: Valparaiso Family YMCA
 1201 Cumberland Crossing Dr.
 Valparaiso, IN 46383

YMCA Hours: 5 a.m. - 10 p.m. Monday-Friday
 7 a.m. - 6 p.m. Saturday
 12:30 p.m. - 6 p.m. Sunday

In signing this form, I assume all responsibility and agree to waive any responsibility for the Valparaiso Family YMCA, Calumet Region Striders, Chicago Area Runners Association, and all other sponsors for any injury incurred during said race. I verify that I am physically fit and have trained sufficiently for this event.

Signature (parent or guardian if under 18)

START TIME APRIL 3, 2010

Run: 9:00 a.m. Walk: 9:00 a.m.
 Registration and Packet Pick Up: 7:30 to 8:30 a.m.
 Friday Night Packet Pick Up: YMCA 6:30 to 8:30 p.m.
 Times are CST – Chicago time. Walkers to line up in back.

DISTANCE AND RACE INFORMATION

5k race and prediction walk. The course features scenic tree-lined streets and a fast finish. Course photos and elevation map at ringinginspring.com.

- CARA Certified Race
- Gold Cup Series
- Split times at 1, 2, and 3 miles
- Water stop
- Valparaiso Fit City endorsed event
- USATF Certified (IN09008MW)



START & FINISH

Located at the Valparaiso Family YMCA, 1201 Cumberland Crossing Dr. in Valparaiso, Indiana. Detailed map and driving directions at ringinginspring.com. No dogs, strollers, bicycles, in-line skates, roller shoes, scooters, or other wheeled vehicles allowed on the course. Music playing audio devices are not allowed.

SHIRTS

Moisture wicking shirt options include: men's short sleeve tee and women's short sleeve tee. To guarantee your shirt choice, register by March 22.

PERKS

- Free food and refreshments after the race.
- Free child care and coat check!
- Chip timing

TEAM COMPETITION

Runners are encouraged to form teams of 5 or more participants. Team runners receive a \$1 discount per person, and are eligible for team awards as well as individual awards. Team entries must be submitted together.

RUNNER AWARDS

Run: Unique overall, masters, and age group awards after the race. Age group awards will be issued up to 6 per division, determined by 20% of the number of entries last year. The divisions are as follows:

Run/Male: 0-8 (3), 9-10 (3), 11-12 (3), 13-14 (4), 15-18 (3), 19-24 (5), 25-29 (6), 30-34 (6), 35-39 (6), 40-44 (6), 45-49 (6), 50-54 (6), 55-59 (6), 60-64 (5), 65-69 (3), 70-74 (3), 75-79 (3), 80+ (3), Clydesdale (3)

Run/Female: 0-8 (3), 9-10 (3), 11-12 (3), 13-14 (3), 15-18 (3), 19-24 (5), 25-29 (6), 30-34 (6), 35-39 (6), 40-44 (6), 45-49 (6), 50-54 (6), 55-59 (3), 60-64 (3), 65-69 (3), 70-74 (3), 75-79 (3), 80+ (3), Athena (3)

PREDICTION WALK

If you sign up as a walker, please include your predicted 5k time. Walkers will not be allowed to wear watches on course. Prediction time awards will be based on chip time with awards going to the three male and three female walkers who finish closest to their predicted time.

RESULTS

Runners and walkers will be timed using chip timing technology and full results posted online at www.ringinginspring.com, www.cararuns.org, and www.calstrider.org.

To register, please send the attached form with a check payable to the **Valparaiso Family YMCA, 1201 Cumberland Crossing Dr., Valparaiso, IN 46383 – (219) 462-4185**, or register securely online with your credit card at www.ringinginspring.com. Online registration closes March 31, 2010.