

**We Recommend Registering Online at:**

[www.runsignup.com/irish5k](http://www.runsignup.com/irish5k)

**For Paper Entries, Send Form & Entry Fee to:**

Runnin' with the Irish 5k – c/o St. Patrick School  
638 N Calumet, Chesterton, IN 46304

Additional Paper Entry Forms Available at:

[www.stpatsparish.org/5k-run](http://www.stpatsparish.org/5k-run)

**Please Complete One Form Per Registrant**

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Birthdate/Age \_\_\_\_\_

Circle all that apply:      5K Run      5K Walk      Kids Fun Run  
   Female      Male      Clydesdale      Athena      Gold Cup

Shirt Size:      Youth:      Small      Medium      Large  
                         Adult: Small      Medium      Large      X-Large      XX-Large

The undersigned assumes all responsibility and agrees to release all liability of St. Patrick School, Calumet Region Striders, Indiana Dunes State Park and any other sponsors and/or event directors or workers for any injury or illness during said run/walk. I certify that I am physically fit and have sufficiently trained for this event.

\_\_\_\_\_  
Signature (parent or gurardian if under 18)      Date

**Make Checks Payable to St. Patrick School**

Amount Enclosed \$ \_\_\_\_\_



St. Patrick School's

**Runnin'!**  
with the **Irish**  
23rd Annual **5k**

**Saturday**

**March 11, 2023**

**5K Run    🍀    Walk    🍀    Kids Fun Run**

**Indiana Dunes State Park**

1600 N. 25 E., Chesterton, IN 46304



# Schedule of Events

Saturday, March 11, 2023

7:00am Packet Pickup Opens

8:30am Kids Fun Run

9:00am Competitive 5k Run

9:01am Non-Competitive 5k Walk

**Award Ceremony & Refreshments Following Race**

## Packet Pickup

Thursday 3/9, 10:00am-5:30pm - Extra Mile Fitness

1330 E Lincolnway, Valparaiso

Friday 3/10, 4:30-8:00pm - Val's Pizza

112 S. 11th Street, Chesterton

Saturday 3/11, 7:00-8:45am

at the Race Site



## Awards

Awards will be given as follows:

5K Overall Male & Female winners

5K Overall Masters (40+) Male & Female winners

5K Kids age group awards, 0-18 years, 1st-6th place\*

5K Adult age group awards, 1st-3rd place\*

5K Clydesdale (male 210lbs+)/Athena (female 170lbs+), 1st-3rd

Kids Fun Run - all registered participants receive a medal

\*Age Groups are top male & top female runners in each age group:

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+

Full results available at [www.thtiming.com](http://www.thtiming.com)



# Entry Fees

## Received Before February 24

\$10.00 Kids Fun Run With Shirt

\$10.00 Student (ages 5-18) No Shirt

\$15.00 Student (ages 5-18) With Shirt

\$20.00 Adult No Shirt

\$25.00 Adult With Shirt

\$1.00 Discount for CRS Gold Cup Member

## Received After February 24

\$20.00 Student (ages 5-18)

\$30.00 Adult (ages 19+)

There will be no onsite registration. Participants can register online until 8:00am race morning at

[www.runsignup.com/irish5k](http://www.runsignup.com/irish5k)

Race shirts are not guaranteed for registrations received after February 24

## Questions & More Information

✉ [runninwiththeirish@gmail.com](mailto:runninwiththeirish@gmail.com)

📘 [www.facebook.com/runninwiththeirish](http://www.facebook.com/runninwiththeirish)

🛍 [www.cafepress.com/runninwiththeirish5k](http://www.cafepress.com/runninwiththeirish5k)

📍 [www.stpatsparish.org/5k-run](http://www.stpatsparish.org/5k-run)

