### We Recommend Registering Online at:

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: <u>www.stpatsparish.org/5k-run</u>

#### Please Complete One Form Per Registrant

 Name\_\_\_\_\_\_

 Address\_\_\_\_\_\_

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

 Phone\_\_\_\_\_\_

 Email\_\_\_\_\_\_

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

Circle all that apply:5K Run5K WalkKids Fun RunFemaleMaleClydesdaleAthenaGold CupShirt Size:Youth:SmallMediumLargeAdult:SmallMediumLargeXX-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 \$\_\_\_\_\_





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-3<sup>rd</sup> 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



## Entry Fees

### **<u>Received Before February 24</u>**

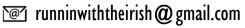
\$10.00 Kids Fun Run With Shirt \$10.00 Student (ages 5-18) No Shirt \$15.00 Student (ages 5-18) With Shirt \$20.00 Adult No Shirt \$25.00 Adult With Shirt \$1.00 Discount for CRS Gold Cup Member

> **<u>Received After February 24</u>** \$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

Race shirts are not guaranteed for registrations received after February 24

# **Questions & More Information**





www.facebook.com/runninwiththeirish www.cafepress.com/runninwiththeirish5k



www.stpatsparish.org/5k-run

