



Calumet Region Striders *XYZ Trail Run Series*

DESCRIPTION: The XYZ Trail Run Series is a twelve race series of **extreme** trail races to be held in Northwest Indiana and Southwest Michigan, all within an hour's drive of each other. The trail courses will include Dunes National Lakeshore, Sunset Hill County Park, Imagination Glen Park in Portage, Indiana, the Grand Mere and Warren Dunes State Parks in SW Michigan and other challenging locations. The courses will be XTREME-over 60 miles of hills, ravines, sand dunes, logs, stream crossings, woods, mud, cold, heat, snow, rain, bugs and fun! This series is meant to seriously challenge the advanced runner who seeks the challenge of getting off the pavement and onto the trails!

WHEN: The XYZ trail run series will begin on 3/07/09 with the Foot Pursuit 5K at Sunset Hill County Park and will end on 12/05/09 with the XYZ 5K Cross Country "Wrap Up" where the XYZ awards will be presented. See below listed races for all race information, dates, time, course and contact information.

SCORING: Four divisions - Open Male and Female (any age) and Master's Male and Female (40 and over). The Calumet Region Striders and the XYZ Trail Series have merged and CRS will score the series with the following format: 100pts - First, 99 pts. - Second, etc. for each race in each division (same as **CRS Gold Cup Series**). Each runner must complete at least seven out of the twelve races to place in his/her division and to receive a unique Runner's Art award. Most points wins, followed by next highest point total, etc. Tie breaker will be number of XYZ races completed. Awards presented after the XYZ 5K Cross Country Wrap Up (a race for XYZ runners only, no kidding, no extra charge, just show up!). Important - No whining, complaining, or bickering allowed! The XYZ series is meant to be a low key, off-road trail running adventure with the competition thrown in to have a good time! For the truly insane trail runner there will be a special award for anyone crazy enough to complete all of the XYZ Trail Series races (this could be dangerous to your health and sanity). Scoring will be kept updated at www.calstrider.org

WHY: By this time you might be wondering why? Why is there an XYZ Trail Run Series? In 2005 a group of fanatical trail running race directors put their heads together while running the dunes on New Year's Day and asked the question, "Why not?" And so the XYZ Trail Run Series was born! For 2009 there will be twelve trail races which include trail, dune and cross country courses in both NW Indiana and SW Michigan (remember Michigan is always one hour ahead on eastern time). Consider the XYZ Trail Run Series to be the "wild child sister" to the Gold Cup. It is not tame, it breaks the rules of acceptable course content (to include mud, snow, water crossings, ice, deer flies, dunes, hills, logs, heat and cold), has several "no frills" races where it's all about the course and competition (and not much else except trail runner camaraderie) and may really leave you sore, tired, muddy, wet, stinking but still craving your next XYZ race fix! The XYZ series is meant for the trail loving runner who has grown tired of the roads and pavement and needs an additional challenge in his or her life. It is not meant for the "masses" and might not even be understood or presentable to the general public.

COST AND REGISTRATION: For only \$20 you get entry into the series with a bonus of a \$2 early registration discount for each XYZ race that you run (you may take the \$2 discount for early registration only even if it's not listed on the individual race entry form-write in "\$2 discount for XYZ runner). If you run all of the XYZ Trail Series races you actually will come out ahead by saving \$26! If you run at least seven XYZ races you get a Runner's Art award! For the XYZ finale you even get your very own XYZ 5K race reserved for only XYZ Trail Series runners with pizza and XYZ awards afterward and no extra charge. Trail running life isn't just good, it's XYZ great!!! With an offer this good insanity might just be not signing up for the XYZ Trail Run Series!!

SEE BACK PAGE FOR LIST OF XYZ RACES AND XYZ ENTRY FORM

Due to the possibility of unforeseen circumstances, races, race times, dates and distances may change or even be canceled. Please refer to each race's entry form or website for final information. Go to www.calstrider.org for updated information on the XYZ Trail Race Series.

XYZ RACE LIST

1. **Porter County Sheriff's Dept. Foot Pursuit 5K**, 3/7/09 start at 9:00am CST at Sunset Hill County Park, Campbell Road just south of U.S.#6 in Porter County, Indiana. Contact information: www.portercountysheriff.com/footpursuit or Scott Hartz at 219-477-3045 ext. 4000 or e-mail at footpursuit@portercountysheriff.com
2. **Sarett Spring Stampede 5k Trail Race**, 4/11/09 start at 9:00am (eastern time) at Sarett Nature Center just off of I-94, Benton Harbor, Michigan. Contact information: Mike Mahler 269-927-4832, race form at www.sarett.com/raceform.htm
3. **Gallery Gallop 8k Beach and Dune Race**, 5/16/09 at 6:30pm CST at Lake St. Beach, Gary, IN. Contact info. Joyce Davis, 219-938-4566, e-mail: gallopinglisa@msn.com
4. **Trail Run Xtreme 12K**, Memorial Day, 5/25/09, start at 9:00am CST at Imagination Glen Park in Portage, Indiana. Contact information: Jeff Emmons at JLE1991@gmail.com or Chris at Opportunity Enterprises at 219-464-9621 or Portage Parks at 219-762-1675 or www.oerunners.org
5. **Bride of Zoy 15K**, 6/21/09 start at 10:00am CST at South Shore Chesterton Train Station, U.S.#12 just east of S.R.#49, Chesterton. Contact information: Steve Kearney at Kearney800@msn.com or John Marshall at jmarshall@1stpropertymanagers.com
6. **Red Dawn 5K Cross Country Race**, 7/18/09 start at 8:00am CST at Woodland Park in Portage, Indiana. Contact information: Tom Erickson at Portagekix@mac.com or Portage Parks at 219-762-1675.
7. **Reilly's Run-5k**, 8/29/09 Start at 9:00 at Taltree Arboretum, 450 West 100 North, Valparaiso, Indiana. Contact information: Michelle Bush at contact@reillycbushfoundation.org
8. **Tower Run-5 mile beach, dune and road race**, 9/20/09 at Washington Park, Michigan City, Indiana. Contact information: Ryan Bos at 219-874-8927 or towerrun@toweronline.org
9. **Haunted Hustle 5k Trail Run** 10/31/09 start at 10:00am CDT at Imagination Glen Park in Portage, Indiana. Contact information Drew at Drewbirdbluebird@yahoo.com or 219-764-4466.
10. **Grand Mere Grind 10K Trail Race**, 11/14/09 Start at 9:00am Eastern Grand Mere State Park near St. Joseph, Michigan. Contact information: Dave Clayton at 269-983-2822 or Joe Deja at 269-325-6074 or www.grandmeresports.com
11. **The Zoy Relapse 10k or so Trail, Dune and Beach Run**, 11/22/09 start at 10:00am Eastern, Warren Dunes State Park, Sawyer, Michigan. Contact information: Al Mussman at rammussman@verizon.net.
12. **XYZ "Wrap Up" 5k Cross Country Race**, 12/05/09 at 11:00am CST at Woodland Park, Portage, Indiana. Contact information: Jeff Emmons at jle1991@gmail.com XYZ Trail Series Finale! No extra cost for XYZ runners, just show up and run the race! Pizza and XYZ awards afterwards (XYZ runners need to present at this race to pick up their awards-they will not be mailed).

XYZ Series Entry Form

Name:_____ **DOB:**_____

Address:_____ **City:**_____

State:_____ **Zip code:**_____ **Sex: Male**____ **Female:**_____

E-Mail:_____ **Phone:**_____

Age as of 3/7/09_____ (This is the age used for the series)

Division entered: Male Open____ **Male Master's(40-Over)**_____

(Check one)

Female Open____ **Female Master's(40-Over)**_____

Entry fee-\$20 Make checks payable to Calumet Region Striders and send entry forms to Calumet Region Striders, P.O. Box 225, Griffith, IN 46319 Attn. XYZ Series

Waiver and release of liability: It is my understanding that this race series is extreme and may cause physical harm. In signing this form I accept all responsibilities for any injuries resulting from participation and release all organizers, sponsors, race directors, Calumet Region Striders and host sites of any claims. I attest that I am physically fit and have sufficiently trained for these strenuous events.

Signature:_____ **Date:**_____ (Parent signature if minor)