

VALENTINES 5K RUN



Date: Sunday, February 10th, 2008

Time: 10:00 a.m. c.s.t.

Where: Starts in the NORTH parking lot of Valparaiso High School and finishes indoors in the VHS fieldhouse, 2727 North Campbell Street, Valparaiso, IN 46385

Course: Campbell Road to Harrison and turn right into the Forest Park subdivision with a few hills and loop to Sheffield and back to Campbell Road and finish thru the north parking lot of Valparaiso High School and the fieldhouse-receive splits at the 1 and 2 mile marks.

Entry Fee: \$15.00 per person pre-registered by January 26th, 2008, with t-shirt
 \$20.00 per person after January 26th, 2008, and on race day, with t-shirt
 \$7.00 per person with no t-shirt pre-registered by January 26th, 2008
 \$10.00 per person with no t-shirt after January 26th, 2008
 \$1.00 discount for all pre-registered Calumet Region Striders Gold Cup Participants

Awards: T-shirts to all participants. Overall Male and Overall Female Awards Masters Awards
 162 age group awards Special Valentine's Gift to all women

To Enter: Make checks payable to VROOM Running Club
 P.O. Box 1812
 Valparaiso, IN 46384

Who to Contact: Call Mike Prow at 219-548-3694 or e-mail at mprow@mail.valpo.k12.in.us

This is a unique race! You may run as an individual or you may choose a partner of the opposite sex and run as a couple to compete in the couples age divisions. You may enter ONE division only! Gold Cup participants may compete in the Couples Divisions. Gold Cup points will be based on times in individual age groups. There are no duplicate awards! For more information contact Mike Prow, 548-3694 after 5:00 PM.

Divisions (circle one)

<u>Individuals(male/female)</u>				<u>Couples(male/female w/ combined ages)</u>	
8 and under	25-29	50-54	75-79	29 and under	90-109
9-10	30-34	55-59	80 and over	30-49	110-129
11-12	35-39	60-64		50-69	130 and over
13-14	40-44	65-69		70-89	Mother/Son
15-18	45-49	70-74			Father-Daughter
19-24					

Name(s) _____ Age(s) _____

Address _____ City _____ State _____ Zip _____

Phone _____ Male _____ Female _____ T-shirt sizes(S, M, L, XL) _____

In signing this form I assume all responsibility and agree to waive any responsibility for the VROOM RUNNING CLUB, Valparaiso Community Schools, the Calumet Region Striders, RRCA, and all other sponsors for any injury incurred during said race. I attest that I am physically fit and have sufficiently trained for this event.

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Signature (parent or guardian if under 18) _____