



**Spirit Run 2008**  
**1755 W. Harrison Blvd, Valparaiso IN**  
**A Calumet Region Striders Gold Cup Series Race**  
**Saint Paul 11<sup>th</sup> Annual 5K Run and Non-competitive 5K Walk**

Date & Time: Saturday, March 1, 2008 **9:00am. Race start**  
 Packet Pick-up and Race-day Registration 8:00-8:40am c.s.t.

Where: Saint Paul Catholic School, 1755 W. Harrison Blvd., Valparaiso, IN 46385

Entry Fee: \$15.00 with short-sleeved t-shirt if pre-registered by Feb. 22nd  
 \$10.00 student rate with short-sleeved t-shirt if pre-registered by Feb. 22nd  
 \$10.00 no t-shirt option if pre-registered by Feb. 22nd  
 \$2.00 Gold Cup runner discount if pre-registered by Feb. 22nd  
 \$20.00 after Feb. 22nd and on race day with short-sleeved shirt (if shirts still available)  
 \$15.00 after Feb. 22nd and on race day with no shirt option

Run Awards: Awards given to overall and masters division male and female winners.  
 The top three winners in each age/gender category will also receive awards.

Race Results: T&H Timing (chip timing) statistic cards will be distributed at the finish line.

To Enter: Send a check payable to St. Paul School or register online at [www.signmeup.com](http://www.signmeup.com)

Contact: Race Director Jack Brogan @ 219-548-8580 or [spiritrun@comcast.net](mailto:spiritrun@comcast.net).  
 For more info, visit [www.stpaulvalpo.org](http://www.stpaulvalpo.org)

Refreshments: Complimentary refreshments and baked goods available after the race.

RRCA sanctioned events prohibit the use of strollers and portable listening devices.

Running Divisions (circle one)

8 and under	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 and older		

Name: \_\_\_\_\_ Age on race day: \_\_\_\_\_  
(Please Print Legibly)

Gender: Male \_\_\_\_\_ Female \_\_\_\_\_ Shirt Size: YM YL S M L XL XXL

Run entry \_\_\_\_\_ Gold Cup entry \_\_\_\_\_ Walk entry \_\_\_\_\_

Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ E mail \_\_\_\_\_

I assume all responsibility and agree to waive any responsibility for St. Paul School, the Calumet Region Striders, and all other sponsors for any injury incurred during said race. I attest that I am physically fit and have sufficiently trained for Spirit Run 2008.

Signature \_\_\_\_\_ Date \_\_\_\_\_



11<sup>th</sup> Annual Saint Paul 5K Spirit Run  
Sat., March 1, 2008 9:00am.

1755 W. Harrison Blvd.  
Valparaiso, Indiana 46385  
SPCS phone: 219-462-3374  
SPCS website: [www.stpaulvalpo.org](http://www.stpaulvalpo.org)  
Race e-mail: [spiritrun@comcast.net](mailto:spiritrun@comcast.net)

**From the south on Route 30:**

Go north on Washington St. (Rt. 2 becomes Washington St)  
Turn left (west) on Lincolnway (IN-130)  
Turn right (north) on Campbell St.  
Turn left (west) on Harrison  
School is roughly 1 mile on left.

**From the north at Route 6:**

Go south on Meridian Rd. (which eventually becomes Campbell St.)  
Turn right (west) on Harrison Blvd.  
School is roughly 1 mile on left.

**From the west:**

Drive east on IN 130 towards Valparaiso  
Turn left (north) on County Rd. 150 West  
Cross the railroad tracks and then turn right (east) on Harrison.  
School is roughly 0.5 miles on your right

Park in the back of the building and enter through door #9.