



Thanks to our sponsors



Great Lakes Orthopedics & Sports Medicine P.C.
http://www.glorthopedics.com

The race will be on Saturday, May 09, 2015. Race begins at 9:00 a.m. CST.

Registration will be from 7:30 - 8:45 at First CRC, 909 E. Greenwood Ave, Crown Point, IN 46307

Register online at www.thtiming.com or fill out and return the entry form below

The cost is \$20 - Race Day registration is \$25
Technical Race T-shirts guaranteed to all runners pre-registered by May 1.

All proceeds for the race help to support BASIC (high school youth ministry), summer trip to Live It!

Awards presented for top overall male and female finisher and top 3 runners in male & female age groups. Under 14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

The course is all residential running. There will be water at the 1 & 2 mile mark as well as refreshments at the finish! You are guaranteed to not finish last!!



Computerized Chip Timing for 5K runners provided by T&H timing. Split times at every mile. Strollers are allowed for walkers. No dogs, bicycles, in-line skates, scooters or other wheeled vehicles allowed on the course. Questions? Contact Jamie Bogaard - youthguy@ameritch.net or 219-663-3643

Registration Application—BASIC 5K Race—May, 9, 2014

Name: _____ Race Day Age: _____
 Address _____ City: _____ State: _____
 Gender: Male _____ Female _____ Date of Birth: _____ Shirt Size (circle one) Youth M L
 Phone: _____ E-mail _____ Adult S M L XL XXL

Pre-race entry \$20. Applications must be post marked by May 1. Make checks payable to First CRC, please put BASIC 5K in memo line
 Send to: First CRC, BASIC 5K, 909 E. Greenwood Ave, Crown Point, IN 46307

The undersigned assumes all responsibility and agrees to release any liability of First Christian Reformed Church, T&H Timing and all other sponsors and/or event directors and workers for any injury occurring during said run/walk.

Signature _____ Date: _____