

Race Details

For more information visit our
website at

www.northwestathleticclub.net or
www.thtiming.com

Early Bird Registration opens
January 12th and closes Feb 14th

Entry Fee:

\$2 off for Gold Cup Striders

Early Bird: \$20

Pre Registration \$25

Day of Race \$30

No shirt option takes \$5 off

Awards will be presented to the
First 3 Male and First 3 Female
finishers in following age's groups
& categories:

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, 70-74,
75-79 and 80-and over

Overall Male & Female

Overall Masters Male & Female

Athena & Clydesdale

Strider Bucks Accepted for Payment

**Make Checks Payable:
Northwest Athletic Club
Mail to NAC**

**301 W. Kieffer Rd
Michigan City, In 46360**



Northwest Athletic Club

301 W. Kieffer Rd
Michigan City, In 46360
Phone: (219) 879-4401
Fax: (219) 879-4696
www.northwestathleticclub.net



2015 Dyngus Day Dash 5K Run & Walk

Monday April 6, 2015

Registration 5:00 pm

Race Start 6:00 pm

DJ, Food, and Drinks

Race starts & ends at



301 W. Kieffer Rd
Michigan City, In 46360
Proceeds Benefit



United Way of LaPorte County

Name: _____

D.O.B. ____ / ____ / ____
AGE (on race day) _____ Clydesdale/Athena _____

ADDRESS _____

CITY _____ ST _____

SEX: MALE _____ FEMALE _____

EMAIL: _____

PHONE: () _____

SHIRT SIZE: ____YL ____S ____M ____L ____XL ____XXL
Men's fit or Ladies fit _____

Shirt Deadline 3/30/15

Registrations after this date are not guaranteed

EMERGENCY
CONTACT _____

PHONE () _____

By signing below, I understand that the Northwest Athletic Club (NAC) is not responsible for any loss or injury during the Dyngus Day Dash 5K Run. I also understand that all participants, volunteers and guests must have personal insurance and that in case of a claim, the participant's or parent's (in the case of a minor) insurance is the primary carrier and that the NAC's insurance will be the secondary carrier. I agree that any claim must go through my own insurance before the NAC's insurance will cover any losses or claims. Furthermore, I will allow the NAC to use my likeness or name in our advertising and marketing pieces. I understand that the NAC is not responsible for lost or stolen items during the event. If I should need to be picked up by the NAC vehicle or a volunteer's vehicle before, during or after the event, I will not hold the NAC or volunteer responsible for any loss, injury or damages. I hereby hold the Northwest Athletic Club its staff and/or volunteers, as well as the Calumet Region Striders and any race sponsors, harmless for any injury or condition that may result from participating in this NAC event

Signature

Date

Chip timing provided by:

T&H Timing

After the run stop in for a tour
to see what we have with the
club!

Food and Beverage by:

LEROY'S "HOT STUFF"
HOMEMADE MEXICAN FOOD



**After the run, come into the
Northwest Athletic Club for
Awards, drinks, food, and
enjoy a rocking' good time
with our DJ!**

DJ Double-E

Double Vision Entertainment

**Guaranteed Dyngus Day
Fun!
Come for the Run and Stay
for the Fun!**

***Showers and Lockers available for runners!**

