

# Healthy. Hustle.



**Saturday  
June 6, 2015 | 8 am**

SUNSET HILL FARM COUNTY PARK  
775 MERIDIAN ROAD • VALPARAISO, INDIANA



**Register on-line at [www.thtiming.com](http://www.thtiming.com)**

## 5K Run & Non-competitive 5K Walk

ADVANCE REGISTRATION by MAY 26, 2015	Qty	Price/each	Total
<b>EVENT:</b> <input type="checkbox"/> 5K Run <input type="checkbox"/> 5K Walk			
Student (ages 5-14) without shirt		x \$13.00	\$
Student (ages 5-14) with shirt Youth shirt size: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L		x \$15.00	\$
<b>EVENT:</b> <input type="checkbox"/> 5K Run <input type="checkbox"/> 5K Walk			
Adult without shirt		x \$18.00	\$
Adult with shirt: Adult shirt size <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 2XL		x \$20.00	\$
<b>TOTAL AMOUNT ENCLOSED</b>			<b>\$</b>

**After May 26 & Race Day Rates:** Student (ages 5-14) – \$15.00; Adult – \$25.00

**Early Packet Pick-up:** Friday, June 5, 2015 from 11 a.m. - 7 p.m. at The Extra Mile fitness shop in Valparaiso

**Registration:** Race day registration and check-in is 7 - 7:45 a.m.  
5K Run will start promptly at 8 a.m. 5K Walk will start at 8:01 a.m.

**Course:** Cross country.

**Aid:** Water station at approximately 1.5 miles.

**Awards:** Awards to top 5K run finishers in each age division.  
Overall 5K male and female awards.

**Proceeds to  
benefit VNA  
Hospice**



**Short sleeve T-shirt guaranteed to  
those registrations received on or  
before May 26, 2015**

First Name

Last Name

Address

Area Code/Phone Number

City

State

Zip

Date of Birth

Email address (**PRIMARY source for communication**)

**AGE CATEGORIES (circle all that apply)** 0-8 9-10 11-12 13-14 15-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80+

**Race Day Ages:** \_\_\_\_\_

**Sex:** ☐ Female ☐ Male

Make check payable to: **Porter Regional Hospital**  
Mail check and this entry to: **Porter Regional Hospital**  
**85 East US Hwy. 6, Valparaiso, Indiana 46383**

NO refunds • NO duplicate awards • NO animals

In signing this form I assume all responsibility and agree to waive any responsibility of Porter and/or any other sponsors for any injury during said race. I attest and verify that I am physically fit and have sufficiently trained for this event.

**SIGNATURE (parent/guardian signature needed if under 18)**