

## HEALTHY DAY AT THE 5K

8AM Cross Fit Demo

9AM Zumba w/Hammond YMCA

10AM Yoga @ the Green House



• Wolf Lake • George Lake • Lake Michigan •

**WEDNESDAY, JULY 15**

ALIEN ANT FARM, HOOBASTANK & P.O.D.

**THURSDAY, JULY 16**

THE CHARLIE DANIELS BAND

**FRIDAY, JULY 17**

BOSTON

**SATURDAY, JULY 18**

2 CHAINZ

**SUNDAY, JULY 19**

LATIN NIGHT



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**CITY OF HAMMOND**  
5825 SOHL AVENUE • HAMMOND IN 46320



**HAMMOND**  
ON WOLF LAKE

**REGISTER TODAY AND SAVE!**

4TH ANNUAL

**Kathleen Pucalik Memorial**



PRESENTED BY

MAYOR THOMAS M. McDERMOTT, JR.

**SATURDAY**  
**JULY 18, 2015**

ON WOLF LAKE  HAMMOND  
2100 Calumet Avenue • Hammond, IN



For more information  
**219.853.6378** or  
[festivalofthelakes.com](http://festivalofthelakes.com)

## REGISTRATION

Early Registration **\$20** On or before July 17

Day of Race Registration **\$25** July 18

## RACE DAY DETAILS

7am Registration

8am Race Begins

8:15am Free Children's Race Begins

## T-SHIRTS

To guarantee your shirt size/fit, register by July 3. After July 3, T-Shirts subject to availability. Adult shirts are made of moisture wicking material. Youth sizes available in cotton only.

## AWARDS

Awards given to Top Female and Male Overall; first, second & third place finishers in each age division.

## AGE GROUPS

8 & Under	25 - 29	50 - 54
9 - 11	30 - 34	55 - 59
12 - 14	35 - 39	60 - 64
15 - 18	40 - 44	65 - 69
19 - 24	45 - 49	70 & Over

## RESULTS

5K will be timed using on-the-bib disposable chip timing technology. Full results will be posted at festivalofthelakes.com and thtiming.com.

## COURSE MAP

### START

**The Aquatic Play Center** at Wolf Lake

– East side of Parking Lot

■ North to bike trail around Forsythe Park to Caroline Avenue

■ Caroline Avenue to Maiden Lane, around Stewart Court, back to Maiden Lane

■ Maiden Lane to 119th St, around 119th St, back onto the bike trail

### FINISH

**The Aquatic Play Center** at Wolf Lake

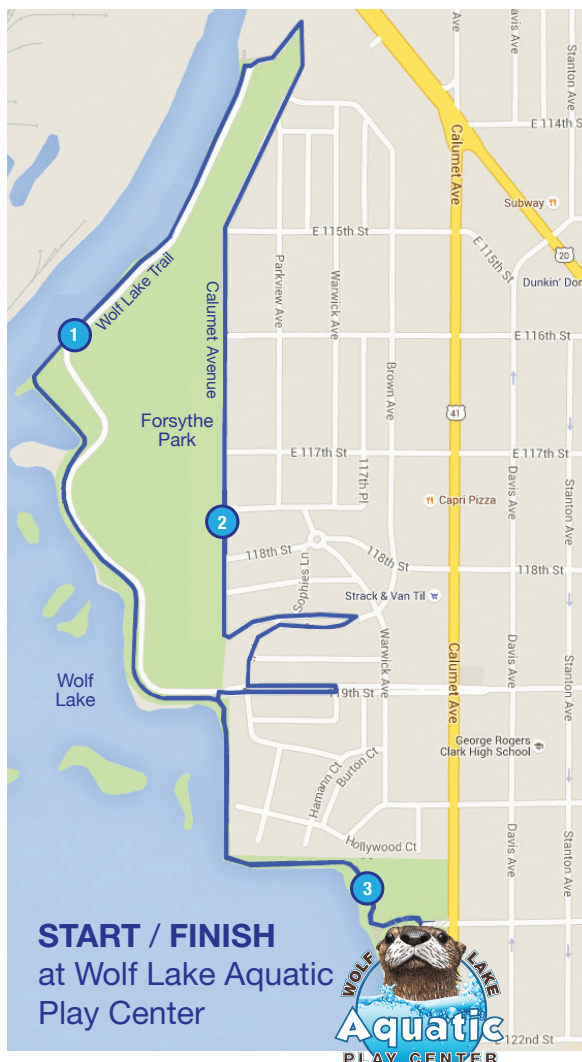
– West Side of Parking Lot

2100 Calumet Ave – Hammond

**PARKING** In the Aquatic lot until 7:30am or lot is full. Additional parking will be in clearly marked designated areas.



DISPOSABLE CHIP TIMING TECHNOLOGY BY THTIMING.COM



**START / FINISH**  
at Wolf Lake Aquatic  
Play Center



**FOR MORE INFORMATION**  
**CONTACT RACE COORDINATOR**  
**Annisha Gillespie: 219.853.6378**  
**or patricka@gohammond.com**

## REGISTRATION FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE, ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

GENDER ☐ MALE ☐ FEMALE AGE ON RACE DAY \_\_\_\_\_

☐ FULL TIME HAMMOND EMPLOYEE

5K RUN ☐ 5K WALK ☐ CHILDREN'S RACE ☐

T-SHIRT SIZE (CHOOSE TYPE AND SIZE)

MALE FIT TEE ☐ FEMALE FIT TEE ☐

SIZE ☐ S ☐ M ☐ L ☐ XL

YOUTH SIZE - COTTON ☐ M ☐ L



**MAKE ALL REGISTRATION PAYMENTS  
TO THE HAMMOND PARK DEPARTMENT**

**Registration forms are accepted by  
mail, drop off or thru Runsignup.com**

**5825 S. Sohl Avenue • Hammond, IN 46320**

AMOUNT PAID \$ \_\_\_\_\_

**WAIVER STATEMENT:** In consideration of the acceptance of my entry, I for myself, any executors, administrators, and assignees, do hereby hold harmless all organizations, volunteers, individuals, businesses, sponsors, land owners, and government entities associated with this event, directed by the City of Hammond, for all claims, damages, actions, whatsoever in any manner arising or growing out of my participation in said event. I attest and verify that I am physically fit and sufficiently trained to participate in this event and assume all risk of participation. Further, I hereby grant full permission of the foregoing to use my name and photographs of me participating in this event for any publicity or promotional purposes without obligation or liability to me.

If the registered individual is age 17 or younger, this release will need to be signed by their parent or legal guardian prior to the race.

SIGNATURE & DATE \_\_\_\_\_