



Thanks to our sponsors



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

The race will be on Saturday, May 10, 2014. 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](http://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 mission trip to Puerto Rico.

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!!



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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](mailto:youthguy@ameritch.net) or 219-663-3643

Registration Application—BASIC 5K Race—May, 10, 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: \_\_\_\_\_