

The **FINAL** Spring Fling 5K Ramp Run

SUNDAY, APRIL 15, 2018 - 9:00 AM
PURDUE UNIVERSITY NORTHWEST

SPONSORED BY



Broomheadbar.



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Happy Headbands
** Fun ** Fitness ** Fashion **

THE FINAL SPRING FLING 5K RAMP RUN

The popular Spring Fling 5K Ramp Run put on by the Purdue University Northwest fitness center staff for the past 18 years will host the final running of the 5K special event on Sunday, April 15, 2018.

The unique Ramp Run course starts at the spotlight entrance to the FRC and SUL Buildings on 173rd Street. The first mile of the course runs through the scenic neighborhoods surrounding the university. The second mile take runners to the middle of the PNW campus where runners and walkers will be challenged by having to run or walk up a series of consecutive incline ramps to get to the top of PNW parking garage. The third mile takes runners back on the city streets and includes a 300-meter asphalt, tree-lined, straight-a-way finished designed for "kickers" and "fast finishers."

PRE-REGISTRATION

DEADLINE: MONDAY, APRIL 9, 2018

Guaranteed race t-shirt if pre-registered.

\$20 w/shirt

\$25 After April 9th, race t-shirt subject to availability (1st come 1st serve)

\$15 no shirt

\$20 After April 9th

Group Family Rates

1 st Member	\$20 w/shirt	\$15 no shirt
2 nd Member	\$18 w/shirt	\$13 no shirt
3 + Member	\$16 w/shirt	\$11 no shirt

Questions?

Call or Email
(219) 989-2175
Fitness@pnw.edu

RACE DAY

CHECK IN/REGISTRATION:

7:30 - 8:30 AM

All racers must check in/register in the SUL Building by 8:30 am.

RACE START: 9:00 AM SHARP!

Race course is approximately 3.1 miles.

AFTER THE RACE

Awards presentation, refreshments and more (in front of SUL Building).

SPECIAL FEATURES

Specially Designed FINAL SPRING FLING 5k RAMP RUN souvenir t-shirt

Specially Designed souvenir drawstring bag

Souvenir Post Card With Name And Finish Time For Final Race

FREE Souvenir Photo Taken After Race At 5k Ramp Run Logo Booth

Awards To The Top Three Finishers In Each Age Group

Race Timing Provided By T&H Timing

ENTRY FORM

PLEASE PRINT NEATLY AND COMPLETE ALL INFORMATION

Name: _____

Address: _____

City: _____

State & Zip: _____

Phone: _____

Email: _____

Age On Race Day: _____ Male Female

PNW Student PNW Faculty/Staff Public

T-Shirt Size (adult): S M L XL XXL No T-Shirt

Enter Me In: Athena (170lbs+) Female (circle age division)

Clydesdale (210lbs+) Male

Age Divisions

0-8	55-59
9-10	60-64
11-12	65-69
13-14	70-74
15-18	75-79
19-24	80+
25-29	
30-34	
35-39	
40-44	
45-49	
50-54	

THE FINAL SPRING FLING 5K RAMP RUN/WALK ACCIDENT WAIVER AND RELEASE OF LIABILITY

I, the undersigned, in consideration of the acceptance of my entry to The Final Spring Fling 5k Ramp Run/Walk, to be held Sunday, April 15, 2018, do hereby agree to hold harmless the Trustees of Purdue University Northwest, Purdue University, its trustees, officers, appointees, agents, employees and the Calumet Region Striders from and against any losses, costs, damages and expenses including attorney's fees, arising out of or resulting from claims or suits, by or on behalf of any person, for any injury to my person, including death, arising out of my participation in said activity. In addition, I understand that my participation in this event means I give permission for my photo to be used in any race publicity. I further certify that I am in proper physical condition to compete in the events, and I fully understand the risk involved as a participant in this event.

Signature: _____

(under 18, parent or guardian must sign)

Discounts apply to pre-registered runners/walkers ONLY!

NO late registration race day discounts!

NO refunds on entry fees!

Current CRS Member (apply \$1.00 off)

Date: _____

Complete entry form. Make check's payable to PNW.

Mail entry form to Purdue University Northwest, Attn: Student Accounts - LAWS 130, 2200 169th Street, Hammond, IN 46323

SPRING FLING 3.1 MILE RAMP RUN COURSE MAP/DIRECTIONS

