

# Spring Fling 5K Ramp Run

**SATURDAY, APRIL 15, 2017 – 9:00 AM**  
PURDUE UNIVERSITY NORTHWEST

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## SPRING FLING 5K RAMP RUN

This 2017 CRS Gold Cup Series Race is a 3.1 Mile Run/Fitness Walk that starts at the stoplight entrance to the FRC and SUL Building on 173<sup>rd</sup> St. The first mile of the course runs through the scenic neighborhoods surrounding the university. The second mile brings you back to the PNW campus where you'll run up a series of consecutive incline ramps to the top of PNW's Parking Garage. The third mile takes you back out on the streets and includes a 300-meter asphalt, tree-lines, straight-a-way finish designed for "kickers" and fast finishers.

## PRE-REGISTRATION

**DEADLINE: WEDNESDAY, APRIL 12, 2017**

Guaranteed race t-shirt if pre-registered.

**\$20 w/shirt**

**\$25** After April 12<sup>th</sup>, race t-shirt subject to availability (1<sup>st</sup> come 1<sup>st</sup> serve)

**\$15 no shirt**

**\$20** After April 12<sup>th</sup>

## Group Family Rates

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

## 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

DRY FIT / HIGH TECH

RUNNING SHIRT

RACE GLOVES TO FIRST 250

PRE-REGISTERED

RACE TIMING PROVIDED BY

T&H TIMING

## Questions?

**Call or Email**

(219) 989-2175

Fitness@pnw.edu

## 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

5k Ramp Run/Walk

## 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

## 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 Spring Fling 5k Ramp Run/Walk, to be held Saturday, April 15, 2017, 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 169<sup>th</sup> Street, Hammond, IN 46323**

# SPRING FLING 3.1 MILE RAMP RUN COURSE MAP/DIRECTIONS

