



Spirit Run 2007

New Location: 1755 W. Harrison Blvd, Valparaiso IN

A Calumet Region Striders Gold Cup Series Race

Saint Paul 10th Annual 5K Run and Non-competitive 5K Walk

Date & Time: Saturday, Feb. 24th, 2006 **9:00am. Race start**
Packet Pick-up and Race-day Registration begins at 8:00am. c.s.t.

Where: Saint Paul Catholic School, 1755 W. Harrison Blvd., Valparaiso, IN 46385

Entry Fee: \$15.00 with short-sleeved t-shirt if pre-registered by Feb. 16th
\$15.00 with long-sleeved t-shirt if pre-registered by Feb 16th
\$10.00 student rate with short-sleeved t-shirt if pre-registered by Feb. 16th
\$10.00 no t-shirt option if pre-registered by Feb. 16th
\$2.00 Gold Cup runner discount if pre-registered by Feb. 16th
\$20.00 after Feb. 16th and on race day with short-sleeved shirt
\$15.00 after Feb. 16th and on race day with no shirt option

Run Awards: Awards given to overall and masters division male and female winners.
The top three winners in each age/gender category will also receive awards.

Race Results: DRKcomputing statistic cards distributed at finish line.

To Enter: Send check payable to St. Paul School or register online at active.com

Contact: Race Director Nancy Scannell @ 219-465-0572 or SpiritRun@comcast.net.
For more info, visit www.stpaulvalpo.org

Refreshments: Complimentary refreshments and baked goods available after the race.

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Running Divisions (circle one)

8 and under	15 – 19	35 – 39	55 - 59	
9 – 10	20 – 24	40 – 44	60 –64	Walker
11 – 12	25 – 29	45 – 49	65 - 69	
13 – 14	30 - 34	50 – 54	70 and older	

Name _____ Age ____ Birth ___/___/___

Address _____ City _____ State ___ Zip _____

Phone _____ Male:___ Female:___ Run entry:___ Walk entry:___ Gold Cup entry:___

T-shirt style (circle one): None Short-sleeved Long-sleeved

Size (circle one): Child med. Child lg. Adult sm. Adult med. Adult lg. XL XXL

I assume all responsibility and agree to waive any responsibility for St. Paul School, the Calumet Region Striders, and all other sponsors for any injury incurred during said race. I attest that I am physically fit and have sufficiently trained for Spirit Run 2007.

Signature _____ Date _____

(parent or guardian if under 18)

10th Annual Saint Paul 5K Spirit Run
Sat., Feb. 24th, 2007 9:00am.

Be cool! Run at the new school!
1755 W. Harrison Blvd.
Valparaiso, Indiana 46385
SPCS phone: 219-462-3374
SPCS website: www.stpaulvalpo.org
Race e-mail: spiritrun@comcast.net

From the south on Route 30:

Go north on Washington St. (Rt. 2 becomes Washington St)
Turn left (west) on Lincolnway (IN-130)
Turn right (north) on Campbell St.
Turn left (west) on Harrison
School is roughly 1 mile on left.

From the north at Route 6:

Go south on Meridian Rd. (which
eventually becomes Campbell St.)
Turn right (west) on Harrison Blvd.
School is roughly 1 mile on left.

From the west:

Drive east on IN 130 towards Valparaiso
Turn left (north) on County Rd. 150 West
Cross the railroad tracks and then turn right (east) on Harrison.
School is roughly 0.5 miles on your right