



Munster Rotary Club
21th Anniversary
Run-A-Round

10K (6.2 Miles) Run (Gold Cup)
5K (3.1 Miles) Run (Jr. Gold Cup)
5K Walk
Saturday, June 13, 2009
Rain or Shine



- TIME:** Registration 6:45-7:45 am. 5K run and 5K walk begins at 7:45 am, 10K run at 8:30 am.
- PLACE:** Munster High School Football Field, 8808 Columbia Avenue. **PARKING:** Across From Football Field
- COURSES:** Scenic Route-Paved Roads-Water Stations (3)-Splits (5K-1/10K-3)-USATF Certified
- ENTRY FEE:** Pre-Registration \$15.00. \$20.00 after June 6 and day of Race. (\$25.00 to run both races)
Shirt Guaranteed for all pre-registrants, as available on day of race.
- AWARDS:** Runs - 1st Overall Male & Female Plaques
1st-2nd-3rd All Divisions-Male & Female Medals
Walk 1st Overall Male and Female Plaques
Masters Division (40+) Male and Female Plaques

DIVISIONS FOR RUNS: MALE AND FEMALE:

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

Entries: Make Checks Payable to Munster Rotary Club

Mail Entries To: Race Director
P.O. Box 3241
Munster, Indiana 46321- 0241
E-mail: drlarson@jorsm.com

Register on-line at:
Website: munster-rotary.org

Questions?
Call Dean Larson at 219-689-1388
Steve Conger at 219-757-1109

**CRS Gold Cup
Series race**

Computerized Scoring

NAME _____ ADDRESS _____
 CITY _____ STATE _____ ZIP _____ PHONE _____
 AGE _____ SEX _____ (Circle) RACE 5 K WALK 5 K RUN 10 K RUN SHIRT SIZE (Circle) S M L XL XXL
 GOLD CUP MEMBER? YES _____ NO _____ CARA MEMBER? YES _____ NO _____ IF YES CARA
 # _____

\$14.00 Fee For Gold Cup and CARA Members (Early Entry Only)
Gold Cup participants must participate in 10K for credit toward Gold Cup points

WAIVER

IMPORTANT: Please read before signing. WAIVER: In consideration of your acceptance of this entry, I hereby for myself, heirs, executors administrators, waive any and all rights and claims for damages I may have against the Munster Rotary Club, Inc., Striders, CARA and any other race organizers or sponsors, for any and all injuries suffered by me in connection with said event, including pre and post activities. By my signature, I acknowledge that I have read and understand the prior terms and conditions.

SIGNATURE _____ PARENT'S _____
 (If under 18, must have signature of parent or guardian)
 DATE _____ E-mail Address: _____