



Manda's Race

5K Run ~ 5K Noncompetitive Walk

Saturday, October 26, 2019

9:00 a.m.

Westchester Intermediate School

1050 South 5th Street • Chesterton, Indiana

GOLD CUP SERIES RACE



Manda Spitler 1981-2002



Welcome to Manda's Race, a 5K run and noncompetitive walk. Your host is the Community Action Drug Coalition of Porter County and your safety is paramount to us. So, we please ask you to participate without listening devices that muffle course marshal instructions and oncoming traffic. Manda's Race is stroller friendly, but "strollers", please start the event from the back. Thank you for your kind consideration and we hope that you find Manda's Race not only safe, but the creepiest fun you have ever had in a 5K. Happy Halloween!

DIRECTIONS:
Take IN 49 to County Rd. 1100 N. Go West to 5th Street then North on 5th Street for approximately 1/4 mile to Westchester Intermediate School. Left into driveway. Primary parking to the left. Overflow parking to the right.

THE COURSE:
Paved city streets with a mild upgrade in mile 2. It's fast. Water at about mile 1.5. 11th Street closed to traffic. Course Marshals at every turn. Our course is USATF CERTIFIED:
Course # IN12009TDK (Over for course map)

AGE GROUPS:
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, 70-74, 75-79 and 80+
Race results online: thtiming.com

AWARDS:

- 1st male and 1st female overall
- 1st male and 1st female masters
- Top 3 finishers in each age group
- Top 3 for Athena and Clydesdale

PRE-REGISTRATION:
By October 14th with T-shirt - \$20
By October 14th with NO T-shirt - \$15
REGISTRATION AFTER OCTOBER 14TH - \$25
T-shirt not guaranteed
RACE DAY - 7:30 AM - 8:45 AM - \$25
T-shirt not guaranteed
CAL STRIDERS - \$2 OFF REGISTRATION
Including Race Day!
DISCOUNT FOR FAMILIES OF 3 OR MORE
By October 14th with T-shirt - \$17 each
By October 14th with NO T-shirt - \$12 each
T-shirt not guaranteed after October 14th
ONLINE REGISTRATION:
thtiming.com by October 14th
BY MAIL: Make checks payable to:
Community Action Drug Coalition of Porter Co.
P.O. Box 2421 • Valparaiso, IN 46384

THEME:
Our 5K event is held to fight the beast of drug addiction. As serious as this is, we want everyone to have a blast! Halloween was a favorite of Manda's so enjoy - be goofy, wacky, screwy, odd, possessed, daft, nutty, deranged, looney, crazy and zany. We encourage costumes and reward the more creative ones with gift cards!

Inquiries? Contact Mann Spitler III D.P.M.
RRCA Certified Race Director
219.464.9221
besafe@mandasstory.com

Name: _____ Race Day Age: _____
please print

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ e-mail: _____ Male Female

No T-shirt Option
Adult T-shirt Size S M L XL XXL Cal Strider Member \$2 Discount
Youth T-Shirt Size M L
Participating in 5K Run 5K Walk Athena Clydesdale

Waiver and release: I know that participating in a road race is a potentially hazardous activity. I should not participate unless I am medically and physically able to do so, and it is my sole responsibility to determine if I am medically and physically able to participate in the event. I understand the nature of the event and I ASSUME ALL RISKS associated with my voluntary participation in this event including, but not limited to, falls, contact with other participants, the effects of weather, including extreme temperatures and precipitation and knowing these facts, I, for myself, heirs, executors, administrators or anyone else who might make a claim on my behalf, COVENANT NOT TO SUE, WAIVE ALL CLAIMS AGAINST, AND FULLY RELEASE AND DISCHARGE the Community Action Drug Coalition of Porter County, the Calumet Striders, T & H Timing, Duneland School Corporation, race sponsors, race participants, race officials, workers, volunteers and any and all officers, (collectively, the "Releasees") for ANY AND ALL claims and liability, including without limitation the sole or contributory negligence of any or all Releasees, whether foreseen or unforeseen, for death, personal injury (whether temporary or permanent), or property damage arising out of, or in the course of, my participation in this event. I understand and agree that information about me, including information on this form, may be provided to third parties for any legitimate purpose, including commercial marketing purposes. I further grant full permission to Manda's Race and the Releasees, and/or agents authorized by them, to use any photographs, video tapes, motion pictures, or other record of the event for any reasonable purpose.

Participant Signature (parent/guardian if entrant is under 18 years old) _____

COURSE MAP

