



... a challenging 8K Run ♦ 5K Fitness Walk

for education

Sunday  
September 12, 2010  
9:00 am  
Washington Park ♦ Michigan City, IN

**18th Annual Tower Run**

The Tower Run is a unique and challenging 8K Run or 5K Fitness Walk showcasing the beautiful lakeshore, parks and beach communities of Michigan City.

**The Race**

**8K Run** (Beach, Dunes, Trail & Road) - Competitive - 9:00am

**5K Fitness Walk** (Beach, Dunes, Trail & Road) - Recreational - 9:00am

The first mile starts in Washington Park and heads to the beautiful shoreline where you will run or walk along the sandy beaches of Lake Michigan. Runners will then head through the award winning Beachwalk Resort Community and circle Lake Kai before hitting Lakeshore Drive and joining the walkers. At this time you will have an opportunity to stretch your legs before taking the climb up to the historic WPA Tower. Don't relish your accomplishment too long as you will need to roll back down to pass several landmarks of Michigan City before reaching the final stretch. As you approach the Washington Park Marina you will want to gear up for the final sprint to the finish.

- 3 water stops
- Timers at each mile marker

**Team Challenge**

Choose 5 teammates and register a team for the 8K Run. All teammates MUST pre-register and include your team name on their registration.

**Proceeds**

Proceeds benefit the Tower of Excellence Student Education Support Grants which provide financial assistance for classroom projects designed by teachers and students in the public and private schools in the Michigan City area.

**Awards**

- Participant award (every finisher of 8K Run & 5K Walk)
- 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place overall (8K Run, male & female)
- 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place in each age group (8K Run, male & 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
- Master's Division (40 & over, 8K Run, male & female)
- Special awards also presented
- Presented at approximately 10:30am.

**Gold Cup Series**

The Tower Run is an officially designated race of the Calumet Region Striders Gold Cup Series [www.calstrider.org](http://www.calstrider.org).



**Driving Directions**

Washington Park • Six on the Lake • Michigan City, IN 46360

1. Take I-94 East (from Chicago) or West (from Michigan)
2. Take US-421 N (exit #34B) towards MICHIGAN CITY
3. Merge onto US-421 (US-421 becomes Franklin St.) 3.75 miles
4. Turn RIGHT onto E 11TH ST. 0.07 miles
5. Turn LEFT onto PINE ST. 0.59 miles
6. Take Pine St. (one way North) over bridge into Washington Park
7. Follow curve to the right (Road becomes Lakeshore Drive)
8. Turn LEFT into Parking Lot 1
9. Go to Registration & Packet Pickup (Large Pavilion on the right)

**Contact Us**

Ryan Bos, Race Director  
towerrun@yahoo.com  
(219) 874-8927  
[www.toweronline.org/run](http://www.toweronline.org/run)  
We are also on Facebook!



18th Annual Tower Run Registration  
Sunday, September 12, 2010

Please print clearly

First Name: \_\_\_\_\_ Mi: \_\_\_\_\_  
Last Name: \_\_\_\_\_

Sex:  Male  Female Birth date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Age on Race Day: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Country: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Circle t-shirt size: S M L XL 2X 3X  
(Limited sizes available on Race Day.)

Team Name (Only applicable if competing in a 5 person team)

**CHOOSE RACE:** Early  Race   
Tower Run Bid by Day  
• 8K Run \$12  \$17  \$22   
• 5K Fitness Walk \$9  \$12  \$17

**DISCOUNT:**

(Only 1 discount per person and no discounts on race day.)

CRS Gold Cup Series	n/a	-\$2	n/a
Student	n/a	-\$2	n/a
Age 14 & under	n/a	-\$5	n/a
No Shirt	n/a	-\$5	-\$5

Subtotal\$ \_\_\_\_\_ Donation\$ \_\_\_\_\_ Total\$ \_\_\_\_\_

Send entry form and checks payable to:

Tower Run  
P.O. Box 659  
Michigan City, IN 46361

**WAIVER:**

In consideration of this entry, I waive all claims for damages or stolen properties against the Tower Run Committee, Tower Incorporated, the Michigan City Parks & Recreation Department, Michigan City Port Authority, Calumet Region Striders, Beachwalk Resort Community, and all its officers and staff, for injuries suffered on this event, including pre and post-race activities. I certify I am in good health and have trained adequately. I grant permission for my name and likeness to be used in reporting of this event.

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_  
(If Participant is under the age of 18)