

**Team O'Connor Race Sponsors**



**Run**



**Climb**



**Crawl**



Team O'Connor Martial Arts & Fitness  
 James & Kelley O'Connor  
 535 Broadway  
 Chesterton, IN  
 (219) 926-KICK  
 www.team-oconnor.com



**5k**  
**Run**  
**Climb**  
**Crawl**



**Sunday,**  
**October 24, 2010**  
**7:30 am**  
**Sunset Hill Farm**  
**775 Meridian Road**  
**Valparaiso, IN**

**Kids Scoot Hop Slither**  
**9am**  
**(Childcare available during 5k RCC)**

[www.team-oconnor.com](http://www.team-oconnor.com)



# Event Information O'Connor 5K Run Climb Crawl



With the popularity of Extreme races and Obstacle courses Team O'Connor is bringing the same fun to Sunset Hill Farm! There will be adult and children division's, cash prizes for overall male & female winners, a \$500 prize package will go out to a randomly selected name from anybody that participates in the race, as well as healthy food and fitness competitions afterward!

Our mission is to spread health and fitness to as many people as we can, while having fun and motivating children and adults.

Your objective from start to finish is to run as fast as you can to the obstacles, scale them, run some more, then get ready to hit the deck and crawl as fiercely as you can towards the finish line.

Be ready to run, climb, and crawl your way to the finish line.

Remember, if you are the overall winner there will be a cash prize. Just for entering the event you will be entered into a drawing for a \$500 prize package. We plan on having a massage therapist to help after the race.

We are doing a special division for children as well. They will have just as much fun as the adults with their own set of obstacles to overcome and build confidence in themselves through fitness.

## Important Dates/Times

**Monday, October 11, 2010**  
Last day for early registration

**Friday, October 22, 2010**  
5pm-7pm Packet pick-up

**Sunday, October 24, 2010**  
6:00am Race Day Registration  
7:30 am 5K Run Climb Crawl

## Awards & Prizes

A \$500 Prize Package will go out to a randomly selected name from anyone that participates in the race!

Cash Prizes for first male and female overall and awards for the top three winners of each male and female age groups.

Every child will receive a participant medal!

Race results will be emailed to you after race.

## 5K Run Climb Crawl Age Groups

Both Male & Female  
11-14, 15-18, 19-24, 25-29, 30-34, 35-39, 40-44,  
45-49, 50-54, 55-59, 60-64, 65 & up

## Kids Scoot Hop Slither Ages 12 & under



Online Registration Available at:  
[www.team-oconnor.com](http://www.team-oconnor.com)

## Registration Form

### O'Connor 5K Run Climb Crawl

**\*free month of fitness classes with early registration**

**Online Registration Available**

5K RCC Kids SHS	Through October 11	\$25
	After October 11	\$32

\$3 discount for participants that register in groups of 3 or more. MasterCard, VISA, Discover accepted.

Entry fee includes a shirt, water bottle, and a canvas bag filled with a mystery item. Shirt size can't be guaranteed if registration form is turned in after October 11.

Name: \_\_\_\_\_

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

City, State, Zip \_\_\_\_\_

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

Shirt Size: \_\_\_\_\_

To enter MAIL or BRING this form to:  
Team O'Connor Martial Arts & Fitness  
535 Broadway, Chesterton, IN 46304  
Please make check payable to:  
James O'Connor

Questions Contact: (219) 926-KICK or  
[tcpotesta@comcast.net](mailto:tcpotesta@comcast.net)

IMPORTANT: Please read before signing.

WAIVER: In signing this form, I assume all responsibility and agree to waive any responsibility for event organizers, Calumet Region Striders, O'Connor Martial Arts & Fitness and all other sponsors, suppliers, subcontractors, volunteers, or any other entity associated with the event for any injury incurred, during said race. I verify that I am physically fit and have trained sufficiently for this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parents Signature if under 18 \_\_\_\_\_