

2012 Winter Blast 5K

5K Course

Flat & fast out and back course on streets behind Calvin Christian High School.
Endorsed by Governor's Council on Physical Fitness Health & Sports – **this allows race entrants to enter the 2012 Mackinac Bridge Run Lottery!**
Mile markers at 1 mile, 2 mile, and 3 mile points. Accurate 5K course with an INDOOR finish.
Well marked with lead police vehicle and course volunteers at all intersections.
Race information and enter on website at www.xrl.us/wblast5k

1K Winter Flurry (kids run)

For all the future area high school runners. Same indoor finish, t-shirt, finisher medal, and snacks. (Pre-registered only \$5, day of race no shirt guaranteed)

AGE GROUPS & AWARDS

Awards to top 3 in each age division. Overall & Masters awards.
Divisions: 10 & u, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

RECORDS

Overall Male:	Kris Koster 15:30	Overall Female:	Katie Jazwinski 17:10
Masters Male:	Henry Hofman 18:11	Masters Female:	Laura Knapp 20:14
U10 Male:	Kaleb Jonker 22:09	0-14 Female:	Jodi Jenkins 25:38
11-14 Male:	Logan Jurgens 18:30	11-14 Female:	Ashley Jourdan 22:36
15-19 Male:	Justus Pinckney 16:36	15-19 Female:	Rachel Ross 19:52
20-24 Male:	Edwin Wainaina 15:52	20-24 Female:	Wendy Livingston 19:41
25-29 Male:	Andy Yazzie 16:01	25-29 Female:	Sherri Hogan 22:41
30-34 Male:	Dave VanderMeer 16:27	30-34 Female:	Rashel Workman 21:55
35-39 Male:	Jim Berg 19:11	35-39 Female:	Jill Martinek 22:48
40-44 Male:	Troy Thompson 19:51	40-44 Female:	Dawn Kamyszczek 22:29
45-49 Male:	Dan Kersjes 20:05	45-49 Female:	Bonnie VanKampen 26:32
50-54 Male:	Mike Woodbeck 18:29	50-54 Female:	Ellen Dykstra Wilcox 24:25
55-59 Male:	Terry Muller 19:50	55-59 Female:	Tamara Steil 23:05
60-64 Male:	Dave Minier 20:02	60-64 Female:	Peggy Vandenberg 30:40
65-69 Male:	Jim Fredericks 25:01	65-69 Female:	Diana Arbanas 31:11
70+ Male:	Willie Makeit 27:32	70+ Female:	

RACE DAY INFO

8:30 am Packet pickup (Friday 5:00 pm to 6:30 pm in middle school gym)
10:00 - 5K start time. 10:45 - Kids 1K Fun Run.
Refreshments and awards after race. Lots of raffle prizes.
Results posted day of at michianatiming.com and the following week on the race website.

DIRECTIONS

Calvin Christian High School is located at 3750 Ivanrest Ave SW, Grandville MI. We are 1 mile North of the intersection of Ivanrest & 44th St/Rivertown Parkway (by Rivertown Crossings Mall)

ENTRY FEES & REGISTRATION

By mail: Complete form and mail with payment to: Winter Blast 5K 2769 52nd St SW Wyoming MI 49519

Online: Register Now at www.xrl.us/wblast5k

Fees: Early: \$20 mailed by 2-14-2012 (\$5 Winter Flurry – Kids Run)
Day of: \$ 25 (shirts while they last) \$ 50 family rate 3, each add'l \$10 (prereg only)

QUESTIONS - Contact: Laurens TenKate 616-293-1862 or tenkategrmi@sbcglobal.net

2012 SPONSORS:

Gold sponsors



Steve Maas Family

Silver sponsors



The C.P.A. GROUP P.C / Rainbow Grill Inc.
Reitsma Auto Sales Inc. / REMAX – Tony Lewis /
Royal Dutch Bakery

Bronze sponsors

Bagel Beanery / Flik's Finest Wash / Jimmy John's
Carrabba's Italian Grill / Florentine Restaurant
Moelker Orchards / Pizza D'Oro / Uccello's

**WINTER BLAST 5K
REGISTRATION FORM**

**Must be received by 2/15/12
DO NOT mail after 2/14/12**

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

BIRTHDATE _____ AGE _____ M/F _____

PHONE: _____ CONTACT: _____

Race Entered 5K _____ 1K Kids _____

T-SHIRT SIZE (CIRCLE ONE) YL S M L XL

I understand that participating in a Running Race or Fun Run /Walk is a potentially hazardous activity. I should not enter the race or run/walk unless I am medically able and properly trained. I recognize that the race and run/walk will take place on public roads where traffic will be present. I agree to follow all safety instructions given by race organizers. I assume all risks associated with participating in this event including adverse effects of cold/snow/ice, traffic and the conditions of the course surfaces all such risks being known and appreciated by me. I accept responsibility for my participation and in consideration of the acceptance of this entry form. I, for myself and for anyone entitled to act on my behalf, hereby waive and release the Calvin Christian Athletic Boosters, Calvin Christian Schools, the race/run organizers, volunteers, vendors, officials assisting with this event and their representatives and successors with respect to damages, claims, demands or actions resulting from my participation in this event.

Athlete's signature Date
(parent or guardian's if athlete is under 18)

Checks payable to:
Calvin Christian Athletic Boosters – Winter Blast 5K

Mail to: Winter Blast 5K, 2769 52nd St SW,
Wyoming, MI 49519

Phone: 616-293-1862

Winter Blast

&

Winter Flurry – Kids Run ☺



5K

*Saturday, February 18th, 2012
Grandville, MI*

Presented by:
Calvin Christian Athletic Boosters
&
Cross Country Teams

This Event Endorsed by

