

**WINTER BLAST 5K
REGISTRATION FORM**

**Must be received by 2/13/13
DO NOT mail after 2/12/13**

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

BIRTHDATE _____ AGE _____ M/F _____

PHONE: _____ CONTACT: _____

Race Entered 5K _____ 1K Kids _____

T-SHIRT (CIRCLE ONE) YS YM 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, 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

This Event Endorsed by



winterblastrun.com

Winter Blast

5K

&

Winter Flurry – Kids Run ☺



Saturday, February 16th, 2013

10:00 am

Grandville, MI

Presented by:



**Calvin Christian Athletic Boosters
& Cross Country Teams**

This Event Endorsed by



2013 Winter Blast 5K

THANK YOU 2013 SPONSORS!

5K Course & Race Information

Lead off race in the **Michigan Runner of the Year Series** for 2013!
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 2013 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 on website at www.winterblastrun.com
Valentine Day rose to all female finishers compliments of Season's Flowers

1K Winter Flurry (kids run – 10 & under)

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

AGE GROUPS & AWARDS

Awards to top 3 in each age division. Overall & Masters awards.
Divisions: U10, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

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
10 & u Male:	Kaleb Jonker 22:09	10 & u Female:	Jodi Jenkins 25:38
11-14 Male:	Logan Jurgens 18:30	11-14 Female:	Emma Doorn 21:48
15-19 Male:	Simon Reidsma 16:32	15-19 Female:	Rachel Steil 19:26
20-24 Male:	Edwin Wainaina 15:52	20-24 Female:	Wendy Livingston 19:41
25-29 Male:	Kris Koster 15:30	25-29 Female:	Nicole Reams 19:48
30-34 Male:	Kris Koster 15:41	30-34 Female:	Jacqueline Cheetam 21:47
35-39 Male:	Jonathon Opel 17:01	35-39 Female:	Jill Martinek 22:48
40-44 Male:	Pete Sanford 19:45	40-44 Female:	Jill Evers-Bowers 22:01
45-49 Male:	Henry Hofman 18:11	45-49 Female:	Laura Knapp 20:14
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:	Don Huizinga 22:30	65-69 Female:	Diana Arbanas 31:11
70-74 Male:	Willie Makeit 27:32	70+ Female:	
75+ Male:	Harold Plaisier 27:45		

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 & awards after race. Lots of raffle prizes.
Results posted 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: GoRaceGo.com or Michianatiming.com Forms at Winterblastrun.com

Fees: Early: \$20 mailed by 2-12-2013 (\$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

Event sponsor



Gold sponsors



Steve Maas Family

Silver sponsors



The C.P.A. GROUP P.C / Seasons Flowers
Dynamic Family Chiropractic
Elenbaas Hardwoods / Rainbow Grill Inc.
Reitsma Auto Sales Inc. / REMAX – Tony Lewis

Bronze sponsors

Bagel Beanery / Flik's Express Care / Harvest Health Foods Jimmy John's
Carrabba's Italian Grill / Florentine Restaurant
Royal Dutch Bakery / Moelker Orchards / Pizza D'Oro