



### Date

Saturday, September 17<sup>th</sup>, 2011. Race start time is 9:00 am.

### Location

Trinity Free Clinic @ The Matthew 25 Center - 1045 West 146th St.- Carmel, IN 46032. This is one mile west of Clay Terrace and one mile east of the intersection of 146th St. and Springmill Rd. in Carmel.

### Additional Course Information

Race is held on the campus and surrounding neighborhoods of Our Lady of Mt. Carmel & the Matthew 25 Center @ 146th and Oakridge Rd. in Carmel, IN.

### About The Trinity Free Clinic 5K

This is the 10th annual Trinity Free Clinic 5K with the proceeds benefiting the needy and uninsured of Hamilton County. This fast, flat run is family friendly and the course is newly certified. We have an indoor waiting area, DJ, post-race food and age-group awards, as well as a Grand Prize drawing after the event.

### TFC Team Challenge

To celebrate our 10th anniversary run, we are rolling out a new challenge. This year participants will have the chance to form their own teams to compete for team prizes and support the Trinity Free Clinic at the same time. By participating, your group can reap the benefits of team building, public recognition, and better physical fitness and health. Visit our website for more details and team registration form. [www.trinityfreeclinic.org](http://www.trinityfreeclinic.org)

### Run Awards

The overall winners, male and female & male and female Masters, will receive a separate award. The top 3 in each age group, male & female, will also receive awards. Age groups are as follows: Under 12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

### Grand Prize Drawing

All finishers of the Trinity Free Clinic 5K will be entered in the drawing for one of two \$400.00 Fly Bucks gift cards for travel on our long-time supporter Frontier Airlines. These have no restrictions or blackout dates. (You must be 18 and present to win)

### Packet Pick-up and Late Registration

You can pick up your race materials and register late at packet pickup on Friday, September 16 from 3:30 - 7:00 p.m. at the Trinity Free Clinic and also on Race Day morning Saturday, September 17, 2011 from at 7:00 – 8:45 a.m. at Our Lady of Mount Carmel School Parish Hall. •SHIRT is NOT GUARANTEED for registrations received after September 7<sup>th</sup> •

### Facebook

Find Trinity Free Clinic 5K on Facebook and become a fan!! Get up-to-the-minute details, see photos of past events, read interviews with area runners, and get tips from area professionals related to nutrition, running, footwear and more.