



# INDIANA DUNES STATE PARK

## 5K - APRIL 18

CLICK TO  
REGISTER

**Start Time:** 8:30 a.m. (CT) • **Meeting Place:** City West Shelter

**Check-in:** 7:45 a.m. to 8:15 a.m. (CT)

**Address:** 1600 N 25 East, Chesterton, IN 46304 • **Gate Fee:** \$7

### MORE ABOUT THE PARK

Indiana Dunes State Park is made up of 2,182 acres of primitive, beautiful, historic, and unique Hoosier landscape, including 3 miles of beach along Lake Michigan's southern shore.

Large sand dunes, located beyond the entire shoreline, have taken thousands of years to form, and tower nearly 200 feet above Lake Michigan. A wide range of habitats and plant species are found in the park, with vegetation stabilizing some of the sand. These habitats provide homes for many types of plants and animals. The lake also provides habitat for many aquatic species, as well as a constantly changing fishery.

The Park also includes 16 miles of hiking trails, ranging from easy to rugged, which goes to the top of the three highest dunes in the Park.

### THE RACE ROUTE

The race route is paved and includes several turns and small hills. The course is stroller and pet friendly.

### WHILE YOU'RE THERE

**Visit the Nature Center** - check out the Nature Center to learn more about the history of the park and other presentations.

**Pack a lunch** - there are picnic tables and grills throughout the Park where you can enjoy lunch with your coworkers and families.

**Take a hike** - there are several other hiking trails throughout the Park that include scenic views and landscape.

### TRAVEL TIME TO THE PARK

17 minutes from Portage, Indiana  
19 minutes from Michigan City, Indiana  
24 minutes from Gary, Indiana  
26 minutes from La Porte, Indiana

### LEARN MORE

Call: (219) 926-1952

<http://www.in.gov/dnr/parklake/2980.htm>

<http://www.InvestInYourHealthIndiana.com/5K>