

FRIENDS OF SHAKAMAK

5K LONG FISH DASH



5K Long Fish Dash – 5K Fitness Walk

1 Mile Junior Run (kids 12 and under)

Saturday, April 21, 2012

Submit Registration by mail postmarked by April 7th to guarantee T-Shirt

Race Day Registration for All Events – 8:15-9:00 AM

Junior Mile (for kids 12 and under) – Starts at 9:00 AM

5 K Run and Fitness Walk - Starts at 9:30 AM

All events will start at Pool Parking Lot

There is a \$5 gate fee to get into Skakamak State Park

5K Course – A loop with rolling hills around Lake Shakamak

Early registration \$20; Late Registration \$25

Junior Mile early registration \$10; Late Registration \$12

Male Divisions:

| | | | | | |
|-------|-----|-------|-----|-------|-----|
| 0-17 | (2) | 35-39 | (2) | 50-54 | (2) |
| 18-29 | (3) | 40-44 | (2) | 55-59 | (2) |
| 30-34 | (3) | 45-49 | (2) | 60- + | (2) |

Female Divisions:

| | | | | | |
|-------|-----|-------|-----|-------|-----|
| 0-19 | (2) | 35-39 | (2) | 50-59 | (2) |
| 20-29 | (2) | 40-44 | (3) | 60- + | (2) |
| 30-34 | (2) | 45-49 | (2) | | |

Trophies will be awarded as follows:

5K Run – Overall Male and Female – Masters Male and Female

(Not eligible for age group awards)

Junior Mile – 1st place Male and Female

Unique Awards to all One-Mile Finishers

For Additional Information Contact: David Phillips 812-665-2908

To be a sponsor or to
receive a registration call or
email: 812-665-2158

lellington@dnr.in.gov

fourphillips@att.net



Be a sponsor

Money helps to offset the cost of Trophies and T-shirts.

Name of Gold or Silver Sponsor's will be on the back of all shirts.

Names of all sponsors' will be on sponsor boards and will be read to all participants before the race begins.

Gold --- \$100 - \$150

Silver --- \$50 - \$100

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SUBMIT BEFORE MARCH 1ST TO MAKE THE SHIRT