

# 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

5K 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 Shakamak State Park\*\*

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

Male Divisions:

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

Female Divisions:

0-19 (2)	35-39 (2)	50-59 (2)
20-29 (2)	40-44 (2)	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 – 1<sup>st</sup> place Male and Female

***Unique Awards to all One-Mile Finishers***

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

\*\* Overnight accommodations are available at Park. See [www.camp.in.gov](http://www.camp.in.gov) or 1-866-622-6746 for reservations.

**Mail Form & Payment To:**

**Friends of Shakamak  
Shakamak State Park  
6265 W State Road 48  
Jasonville, IN 47438**

(Cut here)

Make Checks Payable To: FRIENDS OF SHAKAMAK

Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

\_\_\_\_\_ 5K Run/Walk Early Registration with shirt \$20 (Late Registration after April 7<sup>th</sup> \$25)

\_\_\_\_\_ Junior Mile Run Early Registration with shirt \$10 (Late Registration after April 7<sup>th</sup> \$12)

Shirt Size:            Adult            Small            Medium            Large            X-Large

Shirt Size:            Child            Small            Medium            Large            X-Large

I do hereby relinquish all liability toward the Friends of Shakamak State Park, Shakamak State Park, event sponsors and event volunteers for any damages that may happen to occur during this event. I also understand there are no refunds of fees.

Participants Signature: \_\_\_\_\_ Date: \_\_\_\_\_

If participant is under the age of 18 years old, they must have a parent/guardian signature please.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_