

What distance is a 5K?

3.1 miles

Who can participate?

Everyone is welcome to run or walk in the event, so bring your friends and family and join us for the fun and a great cause.

Where do the proceeds of the event go?

The proceeds from this 5K event will help fund the Immanuel Lutheran School Class of 2013 trip to Washington DC in May of 2013. This is a very special trip for our 8th graders as they will experience history by visiting the monuments and buildings in our nation's Capitol as well as gain a better understanding of how our government works by seeing it in action.

How can I volunteer?

Email Becky Morris at lakelivn@hughes.net or call/text her at (812) 521-4021

We could use course volunteers to help keep the runners and walkers safe as well as to cheer them on throughout the course.



www.bluemile.com

Thank you to BlueMile for their donations to the Overall and Age Group Run Winners!

SPRING FEVER 5K

is part of the



SPRING FEVER 5K

Becky Morris, Race Director

116 E 2nd St.
Seymour, IN 47274
(812) 521-4021
lakelivn@hughes.net



Run & Walk

Sponsored by:

**Immanuel Lutheran School
Students and parents of the
Class of 2013**

Date: Saturday March 31, 2012

Registration: 8:00 - 9:00 AM

Race Start: 9:00 AM

Event Registration

Online: www.signmeup.com/80456

Mail In: Complete and Sign registration form

Day of Race: 7-8am Sign Up

Packet Pickup

Immanuel Lutheran School Gym
on race day from 7am to 8:45 am

Location

Start and Finish at Immanuel Lutheran School
520 South Chestnut St. Seymour, IN

Results

Results will be announced timely and posted at the race. Indiana Timing will be timing the event and results will be posted at www.indianatiming.com by 5pm same day.

Trophies, along with a free entry for the 2013 race, will be awarded to the overall male and female winners of the run as well as the overall winner of the walk, so they can come back to defend their title.

Small trophies will be awarded to the top 2 walkers. Small trophies/medals to the top 2 male & female in each of the run age groups: 14&Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60&Over

\$25.00 BlueMile Gift Certificates to the Overall Male & Female Run Winners

\$10.00 BlueMile Gift Certificates to the Age Group Run Winners in age groups over 20 years old.

Registration Form

PLEASE PRINT NEATLY

Name: _____
Address: _____ _____
Phone: _____
Email: _____
Age (on race day) _____ Gender: _____

I will be competing in the (MUST circle one!)

5K Run

5K Walk

T-shirt Size (MUST circle one!)

S M L XL 2XL No T-Shirt

In consideration of acceptance of my entry, I hereby release, discharge and agree to hold free and harmless any sponsors, officials or organizers of this event and each and each of them together with their successors, assigns, officers, agents and employees from any and all liability for injuries to property or person suffered by me as a result of my participation in this event. By execution of this waiver, I assume all risk associated with my participation in this event, including, but not limited to fall, the effects of weather, traffic and road conditions, all such risks being known and appreciated by me. I verify that I am physically fit and sufficiently trained in the completion of this event and that my physical condition has been verified by a licensed medical doctor.

Signature: _____

Parent's signature if under 18 years of age

Date: _____

Make check payable to:

ILS Class of 2013

Where to mail the registration form:

Spring Fever 5K
Attn: Becky Morris
116 E 2nd St.
Seymour, IN 47274

_____ On or Before March 19th (\$20.00)

_____ After March 19th (\$25.00)

_____ No T-Shirt (subtract \$5 if No T-Shirt)

Remember to postmark your mail-in registration by **March 19th** to guarantee your t-shirt and size that you want.

HINT:

The reason why you see a lot of races require this two week pre-registration deadline is so that they can get an accurate order of the number and size of t-shirts to the company making the t-shirts. So, all race day registrants and also all those that haven't pre-registered on or before March 19th will be subject to a first come first serve standard based on how many extra shirts the event organizers have purchased. Long story short, always pre-register. 😊