

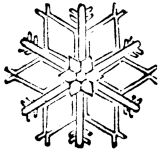


John A. Logan College



Community Health Education Complex

SNOWMAN SHUFFLE



River to River Runners
TIMING AND RESULTS

5K RUN / 5K WALK / 1MILE FUN RUN

Swim, Sauna, Shower
AFTER RACE

JANUARY 7, 2012 - 9:30 a.m.

SPONSORED BY **SOUTHERN ILLINOIS ORTHOPEDIC CENTER**
Sports Medicine

Event Location: John A. Logan College, Carterville, IL
Registration: 8 a.m. - 9 a.m., Community Health Education Complex Lobby & J102 Classroom
Cost: Adults - \$15; Under 12 yrs - \$10
Fun Run Free without shirt (\$10.00 with shirt)

Checks payable to – John A. Logan College Foundation

Long sleeve t-shirt (first 150 entries – registration by December 19 recommended)

Awards: 5K Run and Walk, male and female, overall and top three places each age group:
(J120-122 Multi-purpose) *under 19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+*

Entries: **Mail to John A. Logan College, 700 Logan College Road, Carterville, IL, 62918, Attention: Deana Smith;** or drop off at the Community Health Education Complex; For info call: 618-985-2828, ext 8502



Name _____ Age _____
(print legibly)

Address _____ State _____ Zip _____ Phone(____) _____

5K RUN **5K WALK** **FUN RUN**

T-SHIRT SIZE (ADULT SIZES) SM MD LG XLG XXLG Sex: M F

I hereby release John A. Logan College, all race sponsors, race officials and workers involved, from responsibility for any damages or injuries incurred during or arising out of participation in the Snowman Shuffle race and further state that I have trained for and am physically competent to participate in a race of this distance.

Signature of participant or parent/guardian if under 18 years of age (REQUIRED)

Date

Bib #