



SNOWMAN SHUFFLE



Saturday, January 6th, 2024 - 9:00 AM

- LOCATION:** Logan Fitness (John A. Logan College) - Carterville, IL
- AWARDS:** **5K:** Plaques for overall winners, heavy medals for top 3 runners in each age group. **FUN RUN:** Ribbon for participants 11 yrs & younger
- AGE GROUPS:** **5K:** Under 15 yrs, 15-19yrs, 20-24yrs, 25-29yrs, 30-34yrs, 35-39yrs, 40-44yrs, 45-49yrs, 50-54yrs, 55-59yrs, 60-64yrs, 65-69yrs, 70+yrs
FUN RUN: 5 & under=0.08 mi, 6-8yrs=0.25 mi, 9-11yrs=0.5 mi
- COST:** **5K:** Adults=\$25, Children 10 & under=\$20, Family (limit 4 people)=\$60
FUN RUN: \$15 each
- SIGN-UP:** **Online:** at Runsignup.com/Race/IL/Carterville/JALCsnowmanshuffle
In-person: at JALC Logan Fitness / check-in desk
Mail to: John A. Logan College, 700 Logan College Road, Carterville, IL 62918, Attention: Gretchen Kohlhaas
- INFORMATION:** Email Kassi Teal at Kassandra.Teal@jalc.edu

8:00AM Registration/Check-in
Logan Fitness West Entrance

9:00AM 5K Race
Begins

10:20AM Fun Run
Begins

Full Name: _____ Age: _____ Gender: M/F

Full Address: _____ Date of Birth: _____
MM/DD/YYYY

E-Mail Address: _____ Phone #: _____

5K RACE: Adult(\$25) Under 15yrs(\$20)
 Family-limit 4(\$60)

FUN RUN: 5 & Under(\$15) 6-8yrs (\$15)
 9-11yrs (\$15)

T-shirt size: **ADULT** SM MD LG XL XXL 3X **YOUTH** XS SM MD LG

I hereby release John A. Logan College, all race officials, and workers involved, from responsibility for any damages or injuries incurred during or arising out of participation in the JALC Snowman Shuffle and further state that I have trained for and am physically competent to participate in a race of this distance. Photo release: I hereby grant and authorize Logan Fitness the right to take, edit, publish, distribute, and make use of any and all pictures or video taken of me, my wards, dependent children, personal assigns, or guests, to be used for any lawful promotional materials including, but not limited to, newsletters, flyers/posters, brochures, advertisements, social media posts, and other print or digital communications, without payment/considerations.

Signed _____ Dated _____
(participant or parent/guardian signature if under 18 years of age)

JALC Snowman Shuffle 2024 registration must be recieved by December 19th for participant to be guaranteed a t-shirt. Please make checks payable to JALC.

BIB#