



SNOWMAN SHUFFLE

Saturday, January 4th 2025 - 9:00 AM

LOCATION: Logan Fitness (John A. Logan College) - Carterville, IL

AWARDS: Plaques for overall winners; heavy medals for top 3 participants in each age group.

AGE GROUPS: 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

COST: Adults=\$25, Children 10 & under=\$20, Family (limit 4 people)=\$60

SIGN-UP: **Online:** at Runsignup.com
In-person: at JALC Logan Fitness / check-in desk
Mail to: John A. Logan College, 700 Logan College Rd, Carterville, IL 62918, Attention: Logan Fitness

INFORMATION: Email Logan Fitness staff at loganfitness@jalc.edu

SPONSORED BY: The Orthopaedic Institute of Southern Illinois



8:00AM Registration/Check-in Logan Fitness West Entrance	9:00AM 5K Race Begins	Awards Inside Room J120 Immediately Following the Race
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Full Name: _____ Age: _____ Gender: M/F

Full Address: _____
Date of Birth: _____
Month/Day/Year

E-Mail Address: _____ Phone #: _____

Please check one: Adult (\$25) Under 10 yrs (\$20) Family-limit 4 people (\$50)

T-shirt size: SM MD LG XL XXL 3X

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 2025 registration must be received by December 12th for participant to be guaranteed a t-shirt. Please make checks payable to JALC.

BIB # _____