

**Race day registration**  
**8:15 AM until 10 minutes**  
**prior to event.**

**Junior Mile**

(for kids 12 and under)  
– Starts at 10 AM

**5K Run and Fitness Walk**

- Starts at 9:15 AM

**10K “Run around the Park”**

– Starts at 10:15 AM

There is a \$5 gate fee to get  
into Shakamak State Park.

All events will start at  
pool parking lot.

**Trophies will be**  
**awarded as follows:**

**5K & 10K Run –**  
Overall Male & Female plus 1st  
and 2nd for each division.

**Junior Mile –**  
1st place Male and Female

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

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

**10K Course**  
A loop around Lake Kickapoo



For additional information  
contact: **Jess Rowe**, (812) 798.1260  
or [longfishdash@gmail.com](mailto:longfishdash@gmail.com)

Overnight accommodations  
are available at Park.

See [www.camp.in.gov](http://www.camp.in.gov)  
or 1-866-622-6746 for reservations.

Also, please check out our  
“Friends of Shakamak” Facebook page.

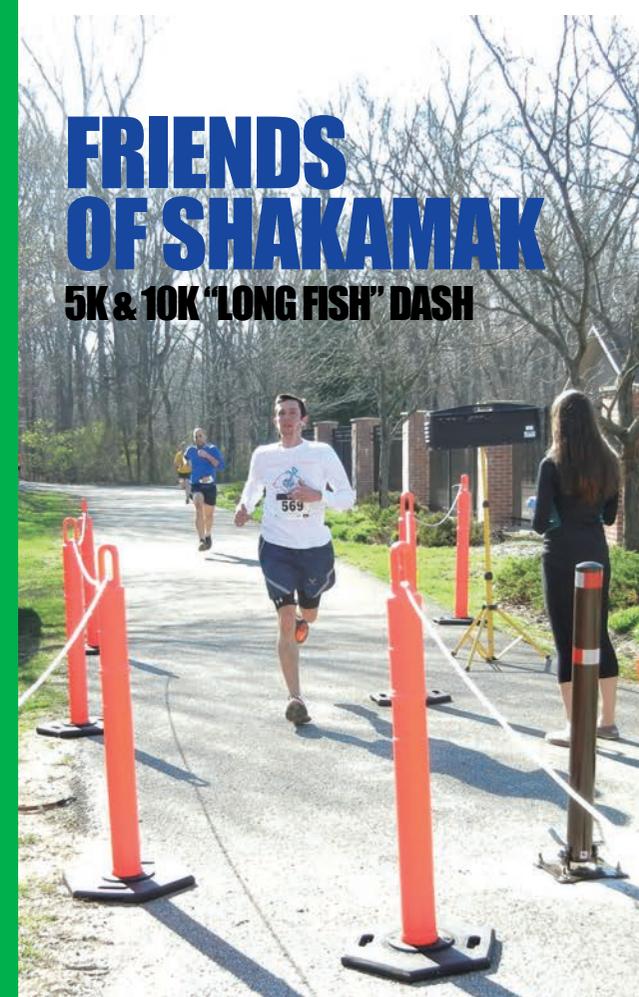
5K “Long Fish” Dash

10K “Run around the Park”

1 Mile Junior Run (kids 12 and under)

# FRIENDS OF SHAKAMAK

## 5K & 10K “LONG FISH” DASH



**Saturday, April 18, 2015**



Make Checks Payable To:  
**FRIENDS OF SHAKAMAK**

Name: \_\_\_\_\_

Sex: \_\_\_\_\_ Age on RACE DAY: \_\_\_\_\_

Address: \_\_\_\_\_

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

Phone Number: \_\_\_\_\_

Junior Mile Run Early Registration with shirt \$12

Youth Shirt Size: (Must register by April 6th for T-shirt)

Small \_\_\_\_\_ Medium \_\_\_\_\_

Large \_\_\_\_\_ X-Large \_\_\_\_\_

**Please circle one:**

5K Run/Walk \$20

10K Run/Walk \$20

5K and 10K Run/Walk \$30

Adult Shirt Size: (Must register by April 6th for T-shirt)

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: \_\_\_\_\_



**Male and Female Divisions:**

14 & Under 15-19  
20-29 30-39 40-49  
50-59 60-69 70 and up

**Mail Form & Payment To:**

Friends of Shakamak  
Shakamak State Park  
6265 W State Road 48  
Jasonville, IN 47438  
Or Register online at

[friendsofshakamak.org](http://friendsofshakamak.org)

