

2nd Annual Show up and Run Indoor 5K

Flat, Fast Course!!

30 Water Stops!

Split times
every .1 mile!!!

Music on the
Entire Course!!



**February 26, 2017 9AM—1PM
Valparaiso University ARC
1009 Union St. Valparaiso, IN**

**This unique race will be held entirely indoors on the
VU Athletic Recreation Center Track. Participants will complete 30 laps.
Doors Open at 8:30AM.**

Runners can arrive anytime between 9AM and 1PM to start their race.

The track will close promptly at 1:30PM.*

***Participants that do not complete 30 laps before 1:30PM will be disqualified**

Start times will begin when runners cross the start line and will end at the completion of 30 laps. Lap counts and split times will be recorded and displayed after each lap*. Overall and Age group leaders will be posted online each hour and final results will be posted at the completion of the event.

A total 30 participants will be allowed on the track at any time. If the 30 person limit is reached new runners will be allowed to start only after another runner exits the track.

Awards for the Top overall male and female finishers, top male and female masters and top three finishers in the following age group:
14 & under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70+

Awards can be picked up from 1:30-2PM at the ARC on race day and at the Extra Mile Fitness Co. the following week.

Entry Fees:

Pre-register on-line at www.thtiming.com for only \$20

Race Day Registration is \$25

*Runners names will only appear on the live feed display for participants that pre-register. Participants that register on race day will only see their bib number on the display for lap counts.

It is highly recommended that runners register in advance.