

# THE FAST AND THE FURRIEST 5K

PROCEEDS GO TO:



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

Date: \_\_\_\_\_

Age: \_\_\_\_\_

Email: \_\_\_\_\_

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

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

- Running Awards** - Top 3 Males  
- Top 3 Females  
- Top 3 Walkers  
- Top 3 Dogs

Runner: \_\_\_\_\_ Walker: \_\_\_\_\_ Dog: \_\_\_\_\_

James G. Mill Member? Yes: \_\_\_\_\_<sup>\$15</sup> No: \_\_\_\_\_<sup>\$17</sup> All Students: \_\_\_\_\_<sup>\$15</sup>

Shirt Size – FREE if you pre-register before April 13<sup>th</sup>

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

Payment: Cash: \_\_\_\_\_ Check: \_\_\_\_\_ (Payable to James G Mill Fitness Center)

**Saturday, April 29<sup>th</sup>**

**Race Day Registration and  
Check-In will be from  
8:30am-9:15am  
at the South Campus Softball  
Field. Race begins at 9:30am.  
Mail registration and payment  
to:  
Breann Sheaffer  
1190 Maple Street  
Indiana, PA 15705  
or  
Drop off at  
The James G. Mill Center for  
Health & Fitness  
in Zink Hall on IUP's Campus**

I hereby waive and release all rights for claims, damages or suits I may have against Indiana University of Pennsylvania or the James G. Mill Fitness Center and any other officials or sponsors of the James G. Mill Fitness Center 5K Run/Walk to be held on April 29<sup>th</sup>, 2023 and acknowledge that any race wear that may impede vision or endanger others is prohibited.

Please sign if you agree to this statement:

\_\_\_\_\_

Parents or guardian signature if participant is under 18 years of age (unless 17 & an IUP student):

\_\_\_\_\_

