

NIFS MINI-MARATHON & 5K TRAINING PROGRAM 2018 REGISTRATION FORM



**Wednesdays, January 24th–May 9th, 2018 at 6:00pm
at National Institute for Fitness and Sport**

250 University Boulevard – Downtown in White River State Park, on the campus of IUPUI

Register now and take advantage of these discounts:

Family Rate: Immediate household family members receive 50% OFF registration fee when another family member registers!

Rookies/Veterans: 1st year rookies to the program will receive a FREE 30-DAY MEMBERSHIP TO NIFS! Veterans of 5+ years to the program will receive a special NIFS gift from the training staff!

**EARLY BIRD
10/30–11/30/17**

Mini:
Members \$55
Non-members \$65

5K:
Members \$35
Non-members \$45

**Regular Registration
12/1/17–1/24/18**

Mini:
Members \$60
Non-members \$70

5K:
Members \$40
Non-members \$50

**Late Registration
After 1/24/18**

Mini:
Members \$65
Non-members \$75

5K:
Members \$45
Non-members \$55

Get the "Absolute Beginners Guide to Half-Marathon Training: Get Ready to Run or Walk a 5K, 10K, or Half-Marathon" book with program for \$10. Or, purchase the book only for \$18.95 (plus \$3 shipping and handling)

Program Features:

- Train with a group at your own pace ranging from 7 minute run to 16 minute walk
- Pace leaders with every group
- Different training protocols to match your fitness level
- Post workout snack
- Fitness Center use on Wednesdays for all participants
- Pre-event training expo to answer all of your questions
- Post-event celebration dinner

For questions or to register, contact Melanie Roberts at **317.274.3432 ext 217** or email **mroberts@nifs.org** visit **nifs.org** to print off a registration form and return to: **250 University Blvd, Indianapolis, IN 46202, fax 317.274.7408.**

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____ E-mail Address: _____

Is this your first time participating in the program? Yes / No If no, how many times have you participated? _____

If using a credit card, please complete this information:

__Visa __Mastercard __Discover __American Express Exp. Date _____ Account Number _____

Name on Card _____ Signature _____

CURRENT NIFS Member: Yes / No Age: _____ T-shirt Size: S M L XL

Please make checks/money orders payable to **NIFS**.

Total enclosed _____ Check # _____

*All payments are non-refundable after January 24, 2018. Credits and transfers can be applied.

**Participants are not automatically entered into the race. We highly recommend registering as soon as possible. Visit 500festival.com or geisthalf.com for details.

Geist Half Marathon Participants Welcome!

