

NIFS MINI-MARATHON & 5K TRAINING PROGRAM 2019 REGISTRATION FORM



**Wednesdays, January 23rd–May 8th, 2019 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!

EARLY BIRD 11/1–11/30/18	Regular Registration 12/1/18–1/23/19	Late Registration After 1/23/19
Mini: Members \$55 Non-members \$65	Mini: Members \$60 Non-members \$70	Mini: Members \$65 Non-members \$75
5K: Members \$35 Non-members \$45	5K: Members \$40 Non-members \$50	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 a 7 minute run to a 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 on January 23, 2019
- Post-event celebration dinner on May 8, 2019

For more information or to register, visit nifs.org, Training and Incentive Programs or call 317.274.3432 ext. 216
Mail to: NIFS Mini-Marathon Training Program, 250 University Blvd., Indianapolis IN, 46202

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____ E-mail Address: _____

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

Please make checks payable to **NIFS**.

Total enclosed _____ Check # _____

Credit cards accepted online or at the Service Desk.

*All payments are non-refundable after January 23, 2019. 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!

