



SNOWMAN SHUFFLE

Saturday, January 7th, 2023 - 9:00 AM

LOCATION: JALC Logan Fitness - Carterville, IL

AWARDS: Plaques for overall winners, heavy medals for top 3 runners in each age group, and top 3 walkers overall.

Age groups: Under 15 yrs, 15-19yrs, 20-24yrs, 25-29yrs, 30-34yrs, 35-39yrs, 40-44yrs, 45-49yrs, 50-54yrs, 55-59yrs, 60-64yrs, 65-69yrs, 70+yrs

COST: Adults=\$25, children 10 & under=\$20, Family (limit 4 people)=\$50

SIGN-UP: **Online:** at [Runsignup.com/Race/IL/Carterville/JALCsnowmanshuffle](https://runsignup.com/Race/IL/Carterville/JALCsnowmanshuffle)

In-person: at JALC Logan Fitness / check-in desk

Mail to: John A. Logan College, 700 Logan College Road, Carterville, IL 62918, Attention: Gretchen Kohlhaas

INFORMATION: Email Kassi Jones at Kassandra.Jones@jalc.edu

8:00AM Day-of Registration
Logan Fitness West Entrance

9:00AM Race
Begins

10:15AM Door Prizes & Awards
Inside/Room J120

Full Name: _____ Age: _____ Gender: M/F

Full Address: _____ Date of Birth: _____
Month/Day/Year

E-Mail Address: _____ Phone #: _____

Please check one: ☐ **RUN** Please check one: ☐ Adult (\$25) ☐ Under 10 yrs (\$20)
☐ **WALK** ☐ Family-limit 4 people (\$50)

T-shirt size: ☐ SM ☐ MD ☐ LG ☐ XL ☐ XXL ☐ 3X

I hereby release John A. Logan College, all race officials, and workers involved, from responsibility for any damages or injuries incurred during or arising out of participation in the JALC Snowman Shuffle and further state that I have trained for and am physically competent to participate in a race of this distance. Photo release: I hereby grant and authorize Logan Fitness the right to take, edit, publish, distribute, and make use of any and all pictures or video taken of me, my wards, dependent children, personal assigns, or guests, to be used for any lawful promotional materials including, but not limited to, newsletters, flyers/posters, brochures, advertisements, social media posts, and other print or digital communications, without payment/considerations.

Signed _____ Dated _____
(participant or parent/guardian signature if under 18 years of age)

**JALC Snowman Shuffle 2023 registration must be recieved by December 18th
for participant to be guaranteed a t-shirt. Please make checks payable to JALC.**

BIB#