



# James G. Mill Center for Health and Fitness

# SUPER HERO 5K RUN/WALK



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

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

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

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

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

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

**Costume Awards:** Best Super Hero Costume,  
Best Super Hero Dou/Group,  
Best Made-Up Hero

**Running Awards** • Top male and female finisher overall  
• Top 3 in each group: 14 & Under, 15-19,  
20-29, 30-39, 40-49, 50-59, & 60+  
• Top 3 Overall Walkers

Runner: \_\_\_\_\_ Walker: \_\_\_\_\_ (Please check one)

James G. Mill Member? Yes: \_\_\_\_\_ **\$15!** No: \_\_\_\_\_ **\$17!**

Shirt Size – FREE if you pre-register before April 10<sup>th</sup>

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

Method of Payment: Cash: \_\_\_\_\_ Check: \_\_\_\_\_ (Payable to IUP)

**Sunday, April 26<sup>th</sup>**  
**Race begins at 1:00**  
**at Miller Stadium**  
**Race day registration**  
**begins at noon**  
**Send registration to:**  
**Krista Matsko**  
**1190 Maple Street**  
**Indiana, PA 15705**  
**or**  
**Drop of 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 26, 2015 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):

\_\_\_\_\_

