

**RACE DAY REGISTRATION
8:15 AM UNTIL 10 MINUTES
PRIOR TO EVENT.**

JUNIOR MILE

(for kids 12 and under)

- Starts at 9 AM

5K RUN AND FITNESS WALK

- Starts at 9:30 AM

10K "RUN AROUND THE PARK"

- Starts at 10:30 AM

*There is a \$5 gate fee to get
into Shakamak State Park.*

*All events will start at
pool parking lot.*

**TROPHIES WILL BE
AWARDED AS FOLLOWS:**

*5K & 10K Run –
Overall Male & Female plus 1st
and 2nd for each division.*

*Junior Mile –
1st place Male and Female*

*Unique Awards to
all One-Mile Finishers*

*5K Course – A loop with rolling
hills around Lake Shakamak*

*10K Course –
Perimeter road of the park*

*For additional information
contact: Jess Rowe, (812) 798.1260
or longfishdash@gmail.com*



*Overnight accommodations
are available at Park. See www.camp.in.gov
or 1-866-622-6746 for reservations.*

*Also, please check out our
"Friends of Shakamak" Facebook page.*

*Brochure design donated by:
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**5K "LONG FISH" DASH – 5K FITNESS WALK
10K "RUN AROUND THE PARK"
1 MILE JUNIOR RUN (KIDS 12 AND UNDER)**