THE LINCOLN AREA RUNNING CLUB

PRESENTS THE

2 MILE TUNE UP LARC 9.14.2013

Saturday, September 14
8 a.m.
Anytime Fitness
716 N. Logan Street, Lincoln

Race Day Registration & Packet Pick-Up:
6:30 a.m.-7:30 a.m.

*Prizes will be awarded to the overall top male and female and medals will be awarded to the top male and female finishers in the following age categories: 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60 and older

Join us for a free health expo following the race! 10:30 a.m.-2 p.m. Location: Wal-Mart (Men's Clothing Section)

Prepare for your Fall 5K with this 2 mile flat course on city streets!

Entry Fees:
$15 through September 8
$20 September 9 through race day registration
(*$5 discount for LARC members*)
registration fee includes t-shirt

Online Registration
https://runsignup.com/Race/IL/Lincoln/2MileTuneUp

Or mail form and registration fee to:
LARC   c/o Corrinne Wilson
140 Half Moon Street, Lincoln IL 62656
Make checks payable to: Lincoln Area Running Club

Questions: Contact LARC
runninglincoln@gmail.com or
runninglincoln.webs.com

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2 Mile Tune-Up Registration Form

Name:_____Address:_____

City, State, Zip_____Phone Number:_____Email:_____

Age on Sept. 14:_____Birth Date:_____Male:____Female:____ LARC Member:_____

In consideration of the foregoing, I for myself, my executors, administrators and assignees, do herby release and discharge the Lincoln Area Running Club, Anytime Fitness, and all other sponsors and supporters for all claims and damages, demands, actions, whatever in any manner arising or growing out of my participation in the 2 Mile Tune-Up Run. I attest and verify that I have full knowledge of the risk involved in this event and I am physically fit and trained to participate in this event.

T-shirt size: Small___Medium___Large___X-Large___XX-Large___

Lincoln Area Running Club

Signature:_____Date:_____

(Parent if under 18)