



# REGISTRATION FORM

Register online with QR code or at Service Desk



## NIFS 2024 MINI MARATHON & 5K Training Program

### 6:00 PM WEDNESDAYS, JAN. 31 - MAY 1, 2024 AT NIFS



### Buy One Registration Get One FREE!

Register between Nov. 1 and Nov. 30, and get a second training registration for a friend or relative FREE.

#### Mini Marathon Training

Members \$65 | Non-Members \$80

#### 5K Training

Members \$45 | Non-Members \$60

### WAYS TO REGISTER

**Online:** visit [nifs.org/fitness-center](http://nifs.org/fitness-center) (or QR code on form)

**Phone:** Call 317.274.3432 ext. 279

**Mail:** Fill out information below and send addressed to *NIFS Mini-Marathon Training Program, 250 University Blvd., Indianapolis IN, 46202*. If using a credit card, please complete this information and pay in person at the service desk.

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

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

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Daytime Phone:** (\_\_\_\_) \_\_\_\_\_

**E-mail Address:** \_\_\_\_\_

**Emergency Contact Name:** \_\_\_\_\_ **Phone:** (\_\_\_\_) \_\_\_\_\_

Is this your first time participating in the program?  Yes  No

If no, how many times have you participated? \_\_\_\_\_

CURRENT NIFS Member:  Yes  No      Age: \_\_\_\_\_ Unisex T-shirt Size: \_\_\_\_\_

Please make checks payable to **NIFS. Total enclosed** \_\_\_\_\_ Check # \_\_\_\_\_

\*Payments are non-refundable after January 31, 2024. Credits and transfers can be applied.

\*\*Participants are not automatically entered into the race. Visit [500festival.com](http://500festival.com) for details.

### National Institute for Fitness and Sport

Mini-Marathon Training Program

250 University Blvd., Indianapolis IN, 46202 • 317.274.3432 • [nifs.org](http://nifs.org)

### Register Today PROGRAM FEATURES

Train with a group at your own pace ranging from a 7 minute run to a 16 minute walk

- Training Orientation, packet pick-up, and Q&A on January 31, 2024 (no training run that day)
- Weekly group training runs and walks on Wednesday evenings starting at 6 pm. A few offsite runs will be scheduled.
- Training program and logs designed for your level of experience, fitness, and goals
- Full access to NIFS Fitness Center on Wednesdays with access to a variety of cardiovascular and strength training equipment.
- Weekly snacks and refreshments
- Program T-shirts
- Post-race celebration on May 8



National Institute  
for Fitness and Sport