

# REGISTRATION FORM

**Wednesdays, January 26–May 11, 2022**

**6:00pm at National Institute for Fitness and Sport**

250 University Boulevard – Downtown in White River State Park,  
on the campus of IUPUI.

**Register now and take advantage of these discounts:**

**FAMILY RATE:** Immediate household family members receive 50% off registration fee when another family member registers!

**ROOKIES/VETERANS:** 1st year rookies to the program will receive a FREE 30-DAY MEMBERSHIP TO NIFS! Veterans of 5+ years to the program will receive a special NIFS gift!

## 2022 MINI-MARATHON & 5K TRAINING PROGRAM

*32 years and running!*

### PROGRAM FEATURES

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

Pace leaders with every group

Different training protocols to match your fitness level

Post workout snack

Fitness Center use on Wednesdays for all participants

Training Orientation, packet pick-up, and Q&A on January 26, 2022

Post-race celebration on May 11, 2022

**All Half Marathon Participants Welcome!**



**National Institute for Fitness and Sport**

Mini-Marathon Training Program  
250 University Blvd., Indianapolis IN, 46202 • 317.274.3432 • nifs.org

**Early Bird**  
10/1–11/30/21

**EARLY BIRD DISCOUNT**

**MINI:**  
Members \$55  
Non-members \$65

**5K:**  
Members \$35  
Non-members \$45

**Regular Registration**  
12/1/21–1/26/22

**MINI:**  
Members \$60  
Non-members \$70

**5K:**  
Members \$40  
Non-members \$50

**Late Registration**  
After 1/26/22

**MINI:**  
Members \$65  
Non-members \$75

**5K:**  
Members \$45  
Non-members \$55

Purchase "Absolute Beginners Guide to Half-Marathon Training: Get Ready to Run or Walk a 5K, 10K, or Half-Marathon" book with program for \$10. Or, purchase the book only for \$18.95 (plus \$3 shipping and handling)

### WAYS TO REGISTER

**Online:** visit nifs.org, Training and Incentive Programs | **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/money orders payable to **NIFS**. **Total enclosed** \_\_\_\_\_ **Check #** \_\_\_\_\_

*\*All payments are non-refundable after January 26, 2022. Credits and transfers can be applied.*

*\*\*Participants are not automatically entered into the race. Visit 500festival.com or geisthalf.com for details.*