



5K Registration
Benefiting Lost River Cave

When: Week of January 23rd- January 29th, 2022
Run in-person January 29th at 9 am.

Course: The race will start and finish at Lost River Cave.
The course runs through the Greenways at Lost River Cave.
Race will be run virtually and in person (Jan. 29th) look for instructions in Confirmation Email or on next page.

Registration: **\$20** Members/ **\$25** Non-Members Early Bird Entry by January 12th
\$30 Late Entry after January 10th

Awards: Race T-shirts: Early Bird Entry guaranteed; Late Entry first come, first served.
All runners will receive a custom wooden finishers medal.
Prizes to the Top 5 male and female overall & top male and female of each age division.

Race Coordinator: David Haynes
Phone: 270.303.2617
Website: <https://www.lostrivercave.org/event/snow-flurry-scurry/>

Cut out and mail the below form and payment to:

**Lost River Cave
2818 Nashville Road
Bowling Green, KY 42101**

**Please make checks payable to Lost River Cave, please add an additional \$8 if you would like your packet mailed.*

Date: _____

Participant Name(s): _____ DOB: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Email: _____

Gender: Male Female T-shirt Size: Small Medium Large X-Large

Print Name: _____ Signature: _____

Thank you for signing up for the 8th Annual Snow Flurry Scurry 5K Race!

How To Run the Race:

In-Person:

-Run with us on Jan. 29th at 9 am! Registration begins at 8 am in the River Birch Room. The race will end in the Cavern Nite Club, where we will have door prizes and refreshments.

Virtual:

-You may run on our park **the week of Jan. 23rd-Jan. 29th!** OR You may run your 5K in your own neighborhood or your favorite running track. Follow this link to see the course, please be aware, when the course crosses Cave Mill Road and runs through the neighborhood of Shawnee. Participants must run the Snow Flurry Scurry course to be eligible for Awards.

-The race will end on January 29th, and the **awards will be announced at the main event on Saturday the 29th.**

-**Download a Running App** on to your smartphone, we suggest, Strava, GPS Tracks, Map My Run, or Run Keeper. You may use other apps if you prefer, we just want to have your course mapped out for verification.

How to submit your run times:

-Once you have run your 5K (3.1 Miles), Complete the form on our website at <https://www.lostrivercave.org/event/snow-flurry-scurry/> .

You may also submit your times in person.

Our staff will enter the information all week and announce the winners at the end of the week.

How to pick up your Snow Flurry Scurry Swag!

-Pick-up will be available all week long (01/23-01/29) at the **Lost River Cave Gift Shop**, from 9:30 am-5:00 pm.

-Mailed packets will go out 01/23.

Frequently Asked Questions:

Is there going to be a large group run? Yes! We wanted to get back to our traditional community-run, as well as offer the virtual run option.

Will there be a large award ceremony? Yes! We will announce the awards and door prizes in the mouth of the Cave on January 29th. **Must run the official Snow Flurry Scurry course to be eligible for awards.**

Will the course be clearly marked? Yes and No. The Start and Finish Banners will be hung at the beginning of the course, at the end of the parking lot at Lost River Cave, and of course, at the end at the mouth of the Cave. But we highly encourage review of the course map on our website, as it runs through the neighborhood of Shawnee and will not be marked. You may also run in your favorite track and submit your times via email.

Will there be police to block Cave Mill road for us? Only on January 29th, 2022. Otherwise, no, unfortunately, we will not be able to provide a police escort during the whole week for Cave Mill road crossing. So please be aware and exercise caution when running.

If you have any questions please email Chad, Chad@lostrivercave.org.

Thank you!

Lost River Cave

Have anyone interested in volunteering for the event? Go to www.lostrivercave.org/volunteer for more information!



