



**25th Annual Norma Lampert Memorial Lupus Springers 5K Race
And
Walk to End Lupus
Saturday, May 15, 2021 @ 8 a.m.**

**Mid-America Park
National Park College – Student Commons Building Rooms 122, 123, 124
For Registration from 7:00 a.m. to 7:45 a.m. located at
101 College Drive * Hot Springs, AR**

Entry fee: \$30.00 each by May 13, 2021

\$35.00 each on May 14, 2021

Online registration: www.lupus-arkansas.com

Call for registration forms – 501-525-9380 or email: lupusarkhs@directlynx.net

Please add \$2.75 to entry fee if T-shirts over size XL. No T-shirts will be ordered after T-shirts are ordered. Please register 2 weeks prior to event for T-shirt to be included in order. No T-shirts nor trophies will be mailed.

******* We are following CDC guidelines. Mask must be on face and nose completely during this event, including award ceremony. Bib numbers must be worn in the front also during award ceremony; social distancing; washing hands frequently.**

Lupus 5K race is competition; includes, walkers, runners, and wheelchair – Must have on a BLACK bib number. You can win a trophy.

Walk to End Lupus is non-competition; includes Walkers ONLY. You cannot win a trophy. Must always have on a RED bib number must be worn in the front, including award ceremony. You can win a drawing prize.