



Catch Your Breath

5K & 1-Mile Fun Run

9:00 a.m. Saturday, September 9, 2017

In Cooperation with Adams County Parks and Recreation

Place: 1145 Mercer Avenue Decatur, IN 46733
 Across Mercer Avenue from Adams Memorial Hospital at the trail head of the River Greenway

Time: 8:00 a.m. Registration and packet pick-up
 8:30 a.m. 1-mile fun run begins
 9:00 a.m. 5K begins

Entry Fee: \$20 pre-registration fee until Saturday, September 2nd
 \$25 entry fee after Saturday, September 2nd
 \$10 "no shirt" entry fee

This race is part of the Adams County 5K Challenge
 Please visit www.adamscounty5kchallenge.com for information on participating in the challenge

Awards: Awards given to overall male and female top finishers
 and to the top three finishers in each age division

This race will be chip timed. There will be a fee for lost or damaged chips.

Age Divisions	
5K	
Men & Women	
18 & under	
19-29	
30-39	
40-49	
50-59	
60-69	
70+	
1-Mile	
Boys & Girls	
8 & under	
9-12	



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Please Print Name _____

Birthdate _____ Age on Race Day _____ Circle One: Male Female

Address _____ City _____ State _____ Zip _____

Phone _____ Email Address _____

Emergency Contact _____ Phone _____

Please Circle One: 5K 1 Mile

Shirt Size: Youth M Youth L S M L XL XXL NO SHIRT

Waiver and Release

The signing of this entry blank and the participation in the Catch Your Breath Adams Memorial Hospital Race is with full knowledge of the risks involved therein and the undersigned individually and/or as parent or guardian assumes the risks of injury, sickness, or health defect including death, resulting from or received during participation in the races, and further releases and agrees to save harmless Adams Memorial Hospital from any liability, damage, claim, or judgment that may result or arise from the participation of the participant in this race.

Signature: _____ Date: _____

Parent/Guardian Signature if under 18: _____

Send Entry Forms & Fee to: The Worthman Fitness Center, c/o Adams Memorial Hospital,
 1100 Mercer Ave. Decatur, Indiana 46733 Phone: 260-724-2145 ext. 11036

Please make checks payable to Adams Memorial Hospital