



Catch Your Breath 5K

9:00 a.m. Saturday, September 11, 2021

In Cooperation with Adams County Parks and Recreation

Age Divisions

Men & Women

14 & under

15-19

20-29

30-39

40-49

50-59

60-69

70+

Place: Adams Memorial Hospital
1100 Mercer Avenue
Decatur, IN 46733

Time: 8:00 a.m. Registration and packet pick-up
9:00 a.m. 5K begins

Entry Fee: \$20 pre-registration fee until Saturday, September 4 (event shirt included)
\$25 entry fee after Saturday, September 4 (no shirts available for race day registration)
\$10 "no t-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 the top overall male and female 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.

Catch Your Breath 5K Run/Walk

Name (Please Print) _____

Date of Birth _____ Age on Race Day _____ Male Female

Address _____ City _____ State _____ Zip _____

Telephone _____ E-mail _____

Emergency Contact _____ Phone _____

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