

Dash for Diabetes 1K Walk/10K Run

10:00 a.m. Saturday, October 2, 2021

Place: Adams Memorial Hospital-In front of the Oncology building
1100 Mercer Avenue
Decatur, IN 46733

Time: 9:00 a.m. Registration and packet pick-up
10:00 a.m. 1K/10K begins

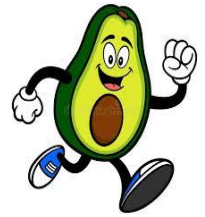
Entry Fee: \$20 registration fee until Saturday, September 25
event shirt included)
\$25 entry fee after Saturday, September 25 (tshirt not guaranteed)
\$10 "no t-shirt" entry fee

Age Divisions	
Men & Women	
14 & under	
15-19	
39	
40-49	
50-59	
60-69	
70+	

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 of 5K/10K

This race will NOT be chip timed but will be timed with stopwatch



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Name (Please Print) _____

Date of Birth _____ Age on Race Day _____ Male Female

Address _____ City _____ State _____ Zip _____

Telephone _____ E-mail _____

Emergency Contact _____ Phone _____

Shirt Size: S M L XL XXL NO SHIRT

Waiver and Release

The signing of this entry blank and the participation in the Dash for Diabetes Adams Memorial Hospital Race and the Adams County 5K Challenge 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 and the Adams 5K Challenge 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: Lisa McAfee Diabetes Education, c/o Adams Memorial Hospital,
1100 Mercer Ave. Decatur, Indiana 46733 Phone: 260-724-2145 ext. 11107
Please make checks payable to Adams Memorial Hospital