

# Adams Dash for Diabetes 10K

## Saturday, October 12

### 10:00am Start

**Cost is \$10 for 5K Challenge participants; \$20 for all others**

**Race Location:** Adams Memorial Hospital -- 1100 Mercer Avenue, Decatur IN 46733  
Mail registration forms to: Jeannie Smith  
7257 N 100 E Decatur IN 46733

**Entry Fees:** Pre-Register by September 20, 2019  
Packet Pick-up & Race day registration: 9:00 to 9:45am  
Strollers are welcome. NO PETS ALLOWED.

**Awards:** Awards given to top Male & Female Runners

**Age Groups:** 14 & Under, 15-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+

**Course Description:** Race will be run on the River Greenway.

**Chip Timing:** The race will be chip timed with results posted on the Adams County 5k website

-----Cut along line and return -----  
ENTRY FORM & WAIVER OF LIABILITY MUST BE SIGNED IN ORDER TO PARTICIPATE

**PLEASE PRINT**    **Make Checks Payable to: AC Challenge**    **Pre-registration deadline: September 20**

Name: \_\_\_\_\_ email: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_ Birth date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Age: \_\_\_\_\_ Gender: (please circle) Male / Female

Shirt Size: (please circle) ADULT:    S    M    L    XL    2XL                    YOUTH:    S    M    L

**RELEASE AND INDEMNIFICATION - READ BEFORE SIGNING:** The signing of this entry blank and the participation in the Adams County 10k Challenge is with full knowledge of the risks involved therein and the undersigned individually and/or as parent or guardian assumes the risk of injury, sickness or health defect including death, resulting from or received during participation in the race, and further releases and agrees to save harmless the Adams County Challenge, its committees and sponsoring and assisting agencies and individuals from any liability, damage, claim or judgment that may result from or arise out of the participation of the participant in this race.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Entry blank must be signed by the participant

**Signature (Legal Guardian):** \_\_\_\_\_

If Participant is under 18 years of age, the signature of a legal guardian is required.