



Catch Your Breath

5K Race & 1-Mile Run/Walk

9:00 a.m. Saturday, September 7, 2019

In Cooperation with Adams County Parks and Recreation

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

Details: **8:00 a.m.** Race day registration and packet pick up
8:30 a.m. Start of 1-Mile Run/Walk
9:00 a.m. Start of 5K Race

Registration: \$20 Pre-registration fee until Wednesday, August 28th (includes T-shirt)
\$20 Race day registration fee (does not include T-shirt)

5K Age Groups	
14 & under	
15-18	
19-29	
30-39	
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 overall male and female top finishers
and to the top three male and female 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 Race & 1-Mile Run/Walk

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 Race 1 Mile Run/Walk

Shirt Size: Youth M Youth L S M L XL XXL

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