

RUN the 5K FALLS



KDH

King's Daughters' Health

2021 ENTRY FORM

Benefits: KDH Girls on the Run

5K Run/Walk **8:00 a.m.**

Pre-Race registration/packet pick up: **6:45 a.m.**

NEW for 2021 ... Early Packet-Pickup:

Friday, Sept. 24 (Main Lobby at KDH) 5:00 - 7:00 p.m.

ONLINE REGISTRATION (no additional fee involved)

www.kdhmadison.org

King's Daughters' Health invites you to support KDH Girls on the Run by running or walking in our 23rd Annual **RUN the FALLS 5K** event.

On-site registration and award activities take place at the Clifty Fall State Park swimming pool. Parking, restrooms, and showers are available.

Medals awarded to WALKERS and RUNNERS to the top finishers in each age group.

Info: Heather Foy at 812-801-0175.

***** Electronic Chip Timing from Stuart Road Racing*****

Please print

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Age (Race Day) _____

Male / Female (Circle one please)

E-mail: _____

I will be: Walking Running

Early Bird Entry fees:

\$20 _____ (Includes long sleeve t-shirt - deadline is Sept. 13)

\$15 _____ (Entry fee, no shirt)

5K Shirt Sizes (circle one): Sm Med Lg XL 2XL

Youth Sizes Med Lg

RUN the FALLS 5K

King's Daughters' Health

September 25, 2021

Mail to: KDH Community Relations, "Run the Falls"

P.O. Box 447, Madison, Indiana 47250

Checks payable to KDH "Run the Falls"

Signature of participant (guardian)

I understand this event involves risks associated with walking or running, and attest that I am physically fit enough to participate in this event. I forever release King's Daughters' Health, and all its associates, and Clifty Falls State Park from any injury or health issues arising from my participation.

Early Bird Registration ends September 13

After September 13, registration fees for the 5K will be \$20 and shirts will not be available for pre-order. A limited number of event shirts will be for sale at the event on race day at a cost of \$10 each.

Walk-up registrations are welcome on race day. For more information visit **www.kdhmadison.org**.