

# RUN <sup>the</sup>FALLS 5K



**September 29, 2018**  
**Clifty Falls State Park**  
Madison, Indiana

## 2018 Entry Form / Run • Walk

King's Daughters' Health invites you to support KDH Girls on the Run by running or walking in our 20th 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.**

Contact Dave Ommen at 812-801-0619 for more information. Register online at [www.kdhmadison.org](http://www.kdhmadison.org).

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

**Proceeds benefit KDH Girls on the Run**

**5K Run/Walk 8:15 a.m.**  
**Registration 7:00 a.m. (race day)**

Online Registration (no additional fee involved)  
[www.kdhmadison.org](http://www.kdhmadison.org)

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. 16)

\$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 29, 2018

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 16

After September 16, 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](http://www.kdhmadison.org).