

Tulip Trot 5K

5K Run/Walk



Saturday, September 16th, 2017

Time: 8:00 am EST

Pre-register by: 09/08/2017

Entry fees: *(includes race registration and t-shirt)*

- \$15.00 Pre-registered by September 8th
- \$20.00 after registration date

Registration on the day of the race will be from 7:00am—7:45am EST. *(A shirt cannot be guaranteed)*

In conjunction with the Holland Fest, the race will begin and end at the Holland Park, located just off Highway 161 on the north side of town. Adjacent to the Windmill Chill.

The course will take you through the paved streets of the town, past the Fire Station, Post Office and the Prairie Farms/Holland Dairy

For more information or to register call:

Cristina Lindsey
812.686.2559
runner4life41@gmail.com

All proceeds will benefit the continuing growth of the Hummingbird Day Care Ministry.



PRIZES

Awards will be given to overall male and female runner and walker.

Awards will be given to first and second place runners in each age category.

- 14 and under
- 15-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60+

Winners will be recognized at the Hank and Eloise Henke Stadium after the race.

Holland
INDIANA



Mail form and entry fee to:

Gloria Lindsey
 8055 E SR 68
 Dale, IN 47523

Checks can be made payable to:
TULIP TROT 5K

Please Circle:
 *Runner *Walker

Name _____

Address _____

Phone _____

T-shirt Size: S M L XL

Sex _____ Age on race day _____

Email _____

I hereby, for myself and my heirs, and executors, waive and release any claim for damages that I may have against all sponsors, volunteers and race officials for any and all injuries incurred by me, during or because of the event.

I certify that I have prepared for this event and I am in adequate physical condition to compete in the event.

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____