

# 2019 Tulip Trot 5K Run/Walk

## \*Kids Run (10 and under)\*

**Saturday, September 14th, 2019**

**Time: 8:00 am EST 5k Run/Walk  
9:00 am EST Kids Run**

**Pre-register by: 09/06/2019**

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

•\$15.00 Pre-registered by September 6th

•\$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)

•\$10.00 for Kids Run (registration required)

\*\*REGISTRATION FOR ALL EVENTS CLOSSES AT 7:45 AM\*\*

**In conjunction with the Holland Fest, the 5k run/walk 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.**

**Kids will run loop around park.**

**For more information or to register call:**

**Gloria Lindsey  
812.686.2271  
tuliptrot5k@gmail.com**

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

### AWARDS (5K ONLY)

Awards will be given to overall male and female runner and walker. Awards will also be given to first and second place runners in each age category. Awards are for 5K only.

- 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



**PLEASE FILL OUT ALL AREAS**

**Mail form and entry fee to:**

Gloria Lindsey  
8055 E SR 68  
Dale, IN 47523

Checks can be made payable to:  
**TULIP TROT 5K**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

T-shirt Size: S M L XL

Youth sizes: YXS YS YM YL YXL

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 \_\_\_\_\_

**Please Circle:**

**\*Runner \*Walker \*Kids Run (10 and under)**