



7th Annual Heimatfest 5K Run/Walk & Kids Fun Runs

June 19, 2010 – 5K - 8:00 a.m. Fun Runs Immediately following

This 3.1 miles course loops around the beautiful town of Ferdinand, Indiana giving all runners a glimpse of the historic town. The race will begin and end at Forest Park High School. The last 350 meters will be run on the Forest Park track! Forest Park High School is located in Ferdinand, Indiana. Once in Ferdinand take Main Street to 13th street. (Turn East on 13th). This will lead you to the school. Park in the East Parking lot by gym and track. Fun Run Races will be 400 & 800 meter runs on the track. (Ages 12 & Under)

AWARDS AND OTHER POINTS OF INTERESTS

- T-Shirts to all Entrants
- Medals will be given in each age group
- Prize Money/Plaque to overall male/female (\$100) male/female masters (\$50) runners
- Random drawing to be held for door prizes
- Results available at tristaterunner.com
- Free Ribbons to every fun run participant

Entry Fees (circle your choice):

5K Run/ Walk - \$15 before 6/14
\$20 on or after 6/14

Kid Fun Runs – Free without T-Shirt
\$6 with a T-Shirt (**Kids Sizes**)

Name _____ Age _____

Address _____ City _____ St _____ Zip _____

Check One: 5K Run _____ 5K Walk _____ Fun Run without T-Shirt _____ Fun Run with T-shirt _____

Male _____ Female _____ Check one for T-Shirt Size (5k) YL ___ S ___ M ___ L ___ XL ___ XXL ___

FUN RUN T-Shirt Size – YS ___ YM ___ YL ___ AS ___

In consideration of the acceptance of my entry, I the undersigned, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators waive and release forever any and all claims or damages I might accrue against Heimatfest Committee, City of Ferdinand, SE Dubois School Corp., and race directors for any and all injuries suffered by me while traveling to and from and while participating in the Heimatfest 5K on June 19, 2010. (Parental Consent required if under 18)

Signature _____

Make Check Payable to: **Heimatfest 5K**
Mail Entry Form to: Karl Hinson
8765 S. Club Road
Ferdinand, IN 47532

For more information contact Karl Hinson 812-367-2668