

# Run the Farm 2011

**5K & 10K Trail Run  
One mile walk**

**Benefiting the Parkinson Support Center of Kentuckiana**

- Website: <http://www.runthefarm.net>
- What: 5K and 10K trail run, 1 mile walk
- When: Sunday November 6, 2011 9:00am (onsite registration: 8:15am to 8:45am)
- Where: 6531 Highway 11  
Elizabeth, IN 47117 (Please go to [www.runthefarm.net](http://www.runthefarm.net) for directions)
- Contact: Kyle deGraaf ( [kyledegraaf@gmail.com](mailto:kyledegraaf@gmail.com) )  
Or if you can't use email, call 1-812-969-3276 and ask for Karen
- Fee: \$20 for 5k and 10k before November 1st  
\$25 for 5k and 10k after November 1st  
\$15 for walkers (t-shirts are not included in the entry fee for walkers)

## Entry Form:

Mail entry form and fee to: Karen deGraaf, 6531 Highway 11, Elizabeth, IN 47117

Last Name: \_\_\_\_\_  
First Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
Gender: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_  
Age on race day: \_\_\_\_\_ Distance (circle): 5k Run    10k Run    1 Mile Walk  
E-mail: \_\_\_\_\_  
Emergency Contact and Phone #: \_\_\_\_\_

(Parent or guardian if under 18 years old) I know that running a trail race is a potentially hazardous activity. I should NOT ENTER and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event included but not limited to falls, contact with other participants, the effect of the weather, traffic and the conditions of the trail, all such risks being known and appreciated by me. In consideration for my entry I do hereby for myself, and anyone entitled to act on my behalf, waive and release the race operators, its affiliates and subsidiaries, the deGraaf family and all sponsors, agents and representatives or assignors for any and all damages sustained and suffered by my connection with, my association with or entry in the race.

Signature: \_\_\_\_\_  
Date: \_\_\_\_\_