



50% of all registration fees for this Fun Run will go to research for Invasive Lobular Carcinoma.

ILC KALONA DAYS RUN/WALK

JUNE 17, 2023

Registration: 7:00 - 7:40am

1 Mile: 7:40am

5K Run: 8:00am

Check-In/Registration at Kalona Chamber, 514 B Ave.

T-shirts will be given to all pre-registered runners. T-shirts guaranteed to first 25 runners the morning of the race.

Trophies will be awarded to the top male and female in the 1 Mile and 5K. Medals will be given to the top 3 places in each division.

More Kalona Days information at www.KalonaChamber.com/Kalona-Days

For further questions contact us at
(319)656-2660 or info@kalonachamber.com

Early Bird Registration: \$25
Regular: \$35 (begins June 1st)

Age Divisions

Male and female divisions for each group.

1 MILE 8 and under
9 - 13

5K 8 and under
9 - 13
14 - 19
20 - 29
30 - 39
40 - 49
50 - 59
60 and over

First & Last Name: _____

Address: _____

Phone: _____ Email: _____

☐ Male ☐ Female ☐ 1 Mile ☐ 5K Division: _____

T-Shirt Size (Youth S, M, L & Adult S, M, L, XL): _____

In consideration of your acceptance of the entry, I hereby, my heirs, executors, administrators, waive any and all rights and claims for damages I may have against individuals associated with the event, sponsors, and officials, for any and all injuries suffered me during, because of, or in travel to and from the said event. I attest and verify that I have full knowledge of the risk involved in this event, and I am physically fit and sufficiently trained to participate in the event. Event: Kalona Days Fun Run, June 17, 2023

Today's Date: _____ Signature: _____

Please complete and return this form with your check payable to: Kalona Area Chamber of Commerce, PO Box 615, Kalona, IA 52247