



October 1, 2022
Downtown Mt. Vernon KY

Join us for the annual Kiwanis Run for Kids at Bittersweet 2022! Proceeds benefit Rockcastle County Kiwanis Club whose mission is improving the world one child and one community at a time.

Event Details

- 5K Run and 2-Mile Walk begins at 7:30 a.m. Event will be chip-timed.
• Race starts next to Rockcastle County Courthouse located at 205 East Main Street in Mt. Vernon.
• Race day packet pick up from 6:30-7:20 a.m.
• \$20 pre-registration fee by Monday, Sept. 26, includes race t-shirt.
• \$25 registration fee after Sept. 26. T-shirt not guaranteed.

Awards

- Overall male and female race winner
• Top three male and female runners in each of the following age groups: 14-under; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-79; 80+
• Top three fastest male and female walkers

Virtual Event Details

- \$20 registration fee, deadline Sept. 24 at 12:00 Noon (Shipping add-on \$7, or schedule a pickup time at Rockcastle Regional Hospital).
• Participants will receive a custom race t-shirt.
• Complete your run/walk and post results on-line between Oct. 1-15.

Questions/Information

- Chelsea Dillingham at (606) 256-7767 or c.dillingham@rhrcc.org.

Race 11 of 13 in the 2022 County-Wide Stride Series



Kiwanis Run for Kids @ Bittersweet 5K Run/2-Mile Walk REGISTRATION FORM

(Please Print Clearly)

Run: [ ] Walk: [ ]

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: [ ]M [ ]F

Shirt: [ ]YM [ ]YL [ ]S [ ]M [ ]L [ ]XL [ ]2X (add \$2) [ ]3X (add \$3)

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Emergency Contact: \_\_\_\_\_

E-mail: \_\_\_\_\_

First time participating in an organized run/walk? [ ]Yes [ ]No

How did you hear about this event? [ ] Newspaper [ ] Friend [ ] On-line Race Calendar [ ] Social Media [ ] Strides Magazine [ ] Other \_\_\_\_\_

Amount Enclosed (check one)

Pre-Registration (must be received by Monday, Sept. 26) [ ] \$20.00

Registration (Sept. 27 through race day) [ ] \$25.00

Rockcastle Regional Employee Discounts:

Pre-Registration (must be received by Monday, Sept. 26) [ ] \$10.00

Registration (Sept. 27 through race day) [ ] \$12.50

Make Checks Payable to: Rockcastle Regional Hospital

Send form and payment to: Attn. Chelsea Dillingham, Rockcastle Regional, P.O. Box 1310, Mt. Vernon, KY 40456 (Fees are non-refundable)

WAIVER

PLEASE READ CAREFULLY: Release and indemnity agreement - Running and/or walking a distance race is a potentially hazardous activity. I should not enter and participate unless I am medically and physically able, and properly trained. In consideration of entering the Run/Walk, and intending to be legally bound, I do release and waive for myself and for my heirs, executors, and administrators (and for my child as its legal guardian) and claims for damages and liabilities of any kind arising out of my participation in the event against all persons, entities, and agencies involved with promoting and running the event, including Rockcastle Regional Hospital and Respiratory Care Center and all Sponsors. I hereby release all publication rights of any photographs or video taken at this event to Rockcastle Regional Hospital and Respiratory Care Center for print and Website publication and/or advertising and social media. By signing below, I indicate that I agree to abide by this agreement and acknowledge that I ASSUME ALL RISK ASSOCIATED WITH PARTICIPATING IN THIS EVENT.

Participant(s) Signature (Or parent's signature if under 18) \_\_\_\_\_ Date: \_\_\_\_\_