



FUN RUN / WALK

AT KALONA DAYS

50% of all registration fees
for this Fun Run will go to

JUNE 21, 2025

Registration: 7:00 - 7:40am

1 Mile: 7:40am

5K Run: 8:00am



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

14 and over

5K 8 and under
9 - 13

14 - 19

20 - 29

30 - 39

40 - 49

50 - 59

60 and over

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

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/Walk, June 21, 2025.

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