

July 18, 2009
Heart of the Hills Run



Event: Heart of the Hills Run - 10.4 miles on a beautiful Black Hills course - one of the favorite runs in the hills.

Time: Saturday, July 18, 2009 - Registration 5:30 - 6:30 PM Race starts at 6:30 PM.

Place: 1880 Train parking lot in Hill City.

Divisions: Men & Women, 15 & under, 16 to 19, 20 to 29, 30 to 39, 40 to 49, 50 to 59
60 to 69, 70 and over. Walking division, Mens and Womens.

Awards: Overall men & women, and top 3 in each age division.

Entry: \$16.

Sponsor: The Runner's Shop

PLEASE PRINT _____ PLEASE PRINT _____ PLEASE PRINT _____
RACE # _____
LAST NAME _____ FIRST NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP CODE _____
TELEPHONE _____
SEX _____ AGE _____ T-SHIRT SIZE _____
RUN 10.4 MILES _____ WALK 10.4 MILES _____

WAIVER

I, the undersigned, represent that I am medically fit to participate in this event. In consideration of your acceptance of my entry, I, intending to be legally bound, do hereby waive and release for myself, my assigns, and heirs, all rights and claims I may incur for damages against any sponsors and organizers of this event arising out of or in any way relating to my participation in this event.

Signature _____ Date _____ Age _____

Signature of parent or guardian if under age 19 _____