



July 17, 2010

Heart of the Hills Run



Event: 31st 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 17, 2010 - 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 _____

LAST NAME _____ FIRST NAME _____ RACE # _____

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 _____