July 16,2011

Heart of the Hills Run

Event: 32nd 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 16, 2011 - 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_____