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# PRESENTS



**Event:** 40th Heart of the Hills Run - 10.4 miles on a beautiful Black Hills course - the best road race in the hills.

**(Time Change)** **Saturday, July 20, 2019 - Registration 4:30 P.M. Race start at 5:30 P.M.**

**Entry:** \$25

**Place:** 1880 Train parking lot in Hill City.

**Divisions:** Men & Women, 15 & under, 16 to 19, 20-29, 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.

*Registered Runners Free Train Ride back to Hill City*

**Sponsors:**   
Rapid City, SD



PLEASE PRINT

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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 leagally bound, do hereby waive and release for myself, my assigns, and heirs, all rights and claims I may incor 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 \_\_\_\_\_