

RUN FOR THE HILLS! 1MI, 5K RUN/WALK

Individual Medals / Team Challenge / My Win, My Hill



September 21. 2019 @ 9 am

THE HILLIEST COURSE IN S.E. MICHIGAN
HIDDEN LAKE GARDENS
6214 W. Monroe (M-50), Tipton, MI 49287



1 Mile Walk/Run for all ages Child (14 & Under), Teen - Adult (15-59) & Senior (60 & Older) Trophies and Medals	Irish Hills Team Challenge Register with at least 3 racers to compete as a team, at no extra cost, to win team awards.	MY HILL! For 5K Participants Overall Male & Female Winners plus one drawn winner receive their name on a hill.
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PRE-REGISTRATION: \$25.00* Only pre-registered entrants confirmed by Sept. 16th are **guaranteed** shirts with entry fee.

FAMILY DISCOUNT: 14 & under \$10 with paid adult entrant.

DAY OF RACE: September 21st, \$30.00**

*Registration fee is NON-REFUNDABLE. Only race registrants are prepaid for entrance into Hidden Lake Gardens. All others are required to pay \$5.00 entrance fee.

Credit Card REGISTRATION: Online: WWW.RUNSIGNUP.COM

Downloadable Race Applications Available at : WWW.OTIH.ORG

Packet Pickup & On-site Registration: 7:30am to 8:30 am

5K AWARDS: Trophy to Overall M& F Run & Walk, Master 40 +, Grand Master 50+ and awards to 1st 3 places in each age group (14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-89, 90 +)

1 MILE AWARDS: Trophy to M&F in each age division—Child (14 & Under), Teen (15-19) Adult (20-59), and Senior (60 +)

TEAM CHALLENGE: Individual race times will be combined and divided by the number of team members for results.

For More Information Call: (517) 403-5358

MAKE CHECKS PAYABLE TO: Oh These Irish Hills! 330 Wyoming, Brooklyn, MI 49230

PLEASE PRINT CLEARLY

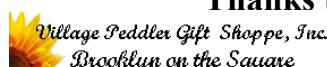
ENTRY FORMS MAY BE PHOTOCOPIED AS NEEDED

NAME:	ADDRESS:		
CITY:	STATE:	ZIP:	1 Mile <input type="checkbox"/> WALK <input type="checkbox"/> RUN 5K <input type="checkbox"/> WALK <input type="checkbox"/> RUN
PHONE: ()	SHIRT SIZE: Adult <input type="checkbox"/> Child <input type="checkbox"/> Circle one S M L XL XXL		Age on Sept. 21, 2019: _____ Male <input type="checkbox"/> Female <input type="checkbox"/>
TEAM Name if Racing AS A Group	E-Mail (We never share or use your email for other than next race info and confirmation.)		

In submitting this entry, I, intending to be legally bound for myself, my heirs, executors, and administrators, waive, release and forever discharge any and all rights and claims which I may hereafter accrue to against Oh These Irish Hills!, Hidden Lake Gardens/MSU, event sponsors, event volunteers and the directors, agents, successors, and/or assignees for any and all injuries suffered by me at this event, while traveling to and from the RUN FOR THE HILLS 5K, 1 MILE RUN/WALK, or while participating in this event.

I attest and verify I am physically fit and sufficiently trained for the competition in this event. I also release with this signature the use of all photos, videos, and internet publications for use by Oh These Irish Hills!

SIGNATURE _____ **DATE** _____
PARENT OR GUARDIAN (IF UNDER 18) _____ **DATE** _____



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