



# RUN for the HILLS

## 25 Years Running in St Louis Hills

**Saturday, September 17, 2016**

**5K Run @ 8AM • 1 Mile Walk & Competitive Youth Run @ 9AM • Awards Following**

**Location: 5K:** Starting at the intersection of Donovan & Itaska Streets alongside scenic Francis Park, the course is arranged around the park and throughout the charming neighborhood of St. Louis Hills, finishing at the corner of Nottingham & Tamm Avenues. **1 Mile Fun Run/Walk/Competitive Youth Run & Awards ceremony:** Start and end near the Nottingham & Tamm corner of Francis Park. Use St. Gabriel Church (6303 Nottingham, 63109) on your GPS.

**Entry Fees:** \$20 individual entry for either the 5K or 1 Mile Walk/Youth Run (one unisex t-shirt) by September 9 to guarantee t-shirt. \$50 family entry (paper form only) includes 3 unisex t-shirts. \$25 individual entry fee on Friday 9/16 or Saturday 9/17.

**REGISTRATION:** Preregister with this form or [www.stlhills.com](http://www.stlhills.com) or <https://register.chronotrack.com/r/22265>. Checks payable to: Friends of Francis Park. Mail entry to: Run for the Hills, P.O. Box 190314, St. Louis, MO 63119-6314.

**AWARDS: 5K Run:** Male and female, awards in all classes: 14 and under/15-19/20-24/25-29/30-34/35-39/40-44/45-49/50-54/55-59/60-69/70+/ Stroller Division (all ages). **1 Mile Competitive Youth Run** (14 & under only) top 3 finishers, male and female. Additional placement awards for all age classes based on number of entries. The **5K first place finishers**, male and female, will be recognized with a \$50 gift certificate and a 1st place trophy. Second and third place overall finishers, male and female, will be recognized with a trophy.

**Bib & t-shirt pickup:** Friday, September 16, 5:00 to 7 pm at St. Gabriel the Archangel School Meeting Room (4711 Tamm Avenue, 63109) located off the back parking lot. Saturday, September 17, 7 to 8 am at the Nottingham/Childress entrance of the park.

**Check this out:** <https://vimeo.com/107811141>

**Questions:** Email [runstlhills@gmail.com](mailto:runstlhills@gmail.com) or call (314) 352-5621.

**Awesome Post-Race Food Including Ted Drewes, Bagels, and Fruit + Awards + Microchip Timing By Big River Running + A Cool T-Shirt + You = Continued Beautification Of Francis Park!!**

Participant (1) Name: \_\_\_\_\_ Age as of 9/17 \_\_\_\_ M F Event: \_\_\_\_ 5K \_\_\_\_ 1M Walk/Youth Run \_\_\_\_ Neighborhood Supporter  
 Address: \_\_\_\_\_ Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Family Registration

Participant (2) Name: \_\_\_\_\_ Age as of 9/17 \_\_\_\_ M F Event: \_\_\_\_ 5K \_\_\_\_ 1M Walk/Youth Run \_\_\_\_ Neighborhood Supporter  
 Participant (3) Name: \_\_\_\_\_ Age as of 9/17 \_\_\_\_ M F Event: \_\_\_\_ 5K \_\_\_\_ 1M Walk/Youth Run \_\_\_\_ Neighborhood Supporter

Shirt Size: (enter qty-max 3 for family) \_\_\_\_ Youth Small \_\_\_\_ Youth Medium \_\_\_\_ Adult Small \_\_\_\_ Adult Med \_\_\_\_ Adult LG \_\_\_\_ Adult XL \_\_\_\_ Adult XXL

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be traffic on the course route. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of the weather, the conditions of the roads, all such risk being know and appreciated by me. In consideration of the acceptance of my entry, I for myself, my executors, administrators and assignees do hereby release and discharge St. Louis Hills Neighborhood Association, Friends of Francis Park, and all other sponsors and supporters and all agents, and persons acting for and on behalf of all such entities as a result of my participation in said event. PARTICIPANT SIGNATURE: (or responsible party if under 18) \_\_\_\_\_