



RUN FOR THE HILLS

28 Years Running in St Louis Hills

Saturday, September 21, 2019
8am – 5K Run • 9am – 1 Mile Walk & Competitive Youth Run • Awards Following

Location: Francis Park in St. Louis Hills. Use St. Gabriel Church on your GPS (6303 Nottingham, 63109).

- *5K—Starts at the intersection of Donovan & Itaska Streets and ends at Nottingham & Tamm Avenues.
- *1 Mile Walk & Fun Run—Starts & ends at Nottingham & Tamm Avenues.
- *1 Mile Competitive Youth Run—Starts on Nottingham midway between Childress & Donovan and ends near Nottingham & Tamm Avenues.

Entry Fees:

- \$25—Individual 5K (\$30 if registering on Friday, 9/20 or Saturday, 9/21)
- \$20—1 Mile Walk & Fun Run and Competitive Youth Run (\$25 if registering on Friday, 9/13 or Saturday, 9/14)
- \$60—5K Family registration (includes 3 unisex t-shirts)

Questions: Call (314) 749-8661.

Awards: 5K Run: 5 year age groups (top 2/gender) starting at U14 up to 70+, plus a Stroller Division (all ages). 1 Mile Competitive Youth Run (14 & under only) top 3 finishers, male and female. The 5K first place finishers 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. No double dipping.

Bib & t-shirt pickup: Friday, September 20, 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 21, 7 to 8 am at the Nottingham/Childress entrance of the park.

Shirt Sizes: Youth Small or Medium (specify sizes: YS/YM)
 Adult Small/Medium/Large/XL/XXL (specify adult sizes: S/M/L/XL/XXL)

Registration: Preregister with this form or www.stlhills.com or <https://register.chronotrack.com/r/51335>. Family registrants must complete this form and mail or register in person on Friday 9/20. Checks payable to: Friends of Francis Park. Mail entry to: Run for the Hills, P.O. Box 190314, St. Louis, MO 63119-6314.

Post-Race Ted Drewes, Bagels & Fruit+Awards+Microchip Timing By Big River Running+A Cool T-Shirt+You=Continued Beautification of Francis Park!

SINGLE PARTICIPANT REGISTRATION

(1) Name: _____ Address: _____ Email: _____ Phone: _____
 Birthdate _____ Age as of 9/21/19 _____ M F Event: 5K 1M Walk Youth Run Neighborhood Supporter **Shirt Size** (see above)

for options)
FAMILY REGISTRATION

(1) Name: _____ Address: _____ Email: Phone: _____
 Birthdate _____ Age _____ M F Event: 5K 1M Walk Youth Run Neighborhood Supporter **Shirt Size** (see above for options)
 (2) Name: _____ Birthdate _____ Age _____ M F Event: 5K 1M Walk Youth Run Neighborhood Supporter **Shirt Size** (see above for options)
 (3) Name: _____ Birthdate _____ Age _____ M F Event: 5K 1M Walk Youth Run Neighborhood Supporter **Shirt Size** (see above for options)

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) _____