

Waiver

In consideration of the acceptance of my entry, I, the undersigned intending to be legally bound for myself, my heirs, executors, and administrators do hereby release any and all sponsors of this race, and their representatives, successors and assign from any and all liability arising from illness and/or injuries I may suffer as a result of my participation in this race. I attest and verify that I am physically fit and have sufficient training for the completion of the race. I also understand and agree that any sponsor my subsequently use for publicity and/or promotional purposes my name and/or photograph, videotapes, motion pictures and recordings of me participating in this event without obligation of liability to me. I also understand that entry fees are not refundable. I have read the foregoing and certify my agreement by signature following:

***Signature Required**



Hillsboro Running Club
PO Box 292
Hillsboro, ND 58045



5K Family Walk/Run & 10K Run
Hillsboro, ND

Thursday, June 17, 2010
7:00 pm
Woodland Park
Start and finish

All proceeds go toward the

HILLSBORO FITNESS CENTER

Sponsored by the
Hillsboro Running Club
www.runhillsboro.com

American Crystal Sugar Co.
Proud Sponsor of the
Hillsboro 5K/10K Run



Hillsboro Hospitality 5K Run/Walk & 10K Run

Thursday, June 17, 2010

7:00 p.m. start time

Starts/finishes at Woodland Park,
Hillsboro, ND

Early Registration

- Individual - \$20/person
- Family (Parents and Children)
- \$50/family

Please Note

To be guaranteed a t-shirt, all registrations must be placed by either mailing in a registration form, or through the internet at runhillsboro.com prior to June 1st, 2010.

If you miss the June 1st deadline...

Last Minute Registration

(at Park Shelter by swimming pool)

June 16th: 5:00 - 7:00 p.m.

June 17th: 5:00 - 6:00 p.m.

- Individual - \$30/person
- Family (Parents and Children)
- \$65/family

Radio Broadcast

KMAV Radio 105.5 FM will be broadcasting live throughout the run. Boom boxes will be set up along the course and tuned to KMAV. Listen for great running music, as well as live updates of run leaders.

Online Registration

www.runhillsboro.com

*** No pets, skateboards, bikes,
or rollerblades**

You should know

Timing

Timing will be done with official chip timing! Faster runners should start at the front of the line.

Course Records & Results

Winning results will be posted on www.runhillsboro.com following the event. Course records will also be posted.

Water Station, Facilities, & First Aid

A water station will be located near the midpoint and end of course. Bathroom facilities are available at Woodland Park and at the Hillsboro Event Center. The route goes beside the Hillsboro Medical Center. The Hillsboro Ambulance Service will be "on call".

Awards

Awards will be presented to the top 3 male and female finishers at 9:00 p.m. in the registration area at the Park. Everyone who crosses the finish line will receive a medallion.

Photos

Sub-Zero Productions will be taking pictures before, during, and after the event. Pictures will be available for sale through Cory Erickson at www.sub-zeroproductions.com.

Questions

Please email us at runhillsboro@yahoo.com

Registration

Register by filling out the form below, and mail to:

Hillsboro Running Club
PO Box 292
Hillsboro, ND 58045

Please make checks payable to **Hillsboro Running Club**. Envelopes must be postmarked by **June 1, 2010**. Registered runners may pick up bib numbers and shirts at park shelter on **Wed, June 16th, 5:00 - 7:00 p.m.** or before the start of the event on **Thur, June 17, 5:00 - 6:00 p.m.** (same time/place as "Last Minute" registration)

Individual

Family

5K Walk/Run

10K Run

Family Name

Team Name

Last Name

First Name

Address

City, State, Zip

Email

Gender: Male Female Age:

Adult Shirt Size (circle one)

S M L XL XXL

Youth Shirt Size (circle one)

S M L

***Photocopy & send in a separate registration form for each individual in the family run.**

***Please read and sign waiver on backside**

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