



RUN FOR THE HILLS! 2022 1MI, 5K RUN/WALK - Virtual Event Sept. 18th - Oct. 2nd

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

PROCEEDS GO TO: HLG "Reach for the Sky" Project & Oh These Irish Hills!

1 Mile & 5K Walk/Run for all ages - All Participants will receive a Finisher Medal
**The Overall Male & Female Winner on the Hidden Lake Gardens course,
using a timing app, plus one drawn participant will have their name posted at Hidden lake Gardens.
These winners will be announced after October 10, 2022 on our website & Facebook page.**

REGISTRATION: \$30.00 Only pre-registered entrants confirmed by Sept. 9th are guaranteed a shirt.

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

*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 Application Available at : WWW.OTIH.ORG

RACE DAYS: September 18th until October 2nd—at Hidden Lake Gardens. Hidden Lake Gardens are OPEN: Tuesday through Sunday 9am.—5pm. Most buildings and restrooms are open.

RACE SHIRTS will be available for pickup on October 15th at Jerry's Pub, 650 Egan Hwy. Brooklyn from 1-4 pm otherwise shirts will be mailed.

The 2022 race will take place when participants choose to run or walk the course. There will be painted arrows and signs along the course to direct you through the 1 Mile and 5K race. Participants can time themselves with a Running App such as MapMyRun or STRAVA. These apps will show the courses and will state an authenticated time. Whether you time yourself or use an app, we ask that participants record and submit to OTIH! their run/walk official screenshot time prior to October 10, 2022. We also encourage participants to send any pictures, and/or a screenshot of their time. We will be posting these to Facebook pages. Please email photos and screenshots of official time to contactus@otih.org or text to (517) 990-7099.

For More Information Call: (517) 403-5358

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

PLEASE PRINT CLEARLY

Are you a member of Hidden Lake Gardens? Yes _____ No _____

NAME: _____ EMAIL: _____

MAILING ADDRESS: _____ ZIP: _____

PHONE: _____ AGE: MALE: _____ FEMALE: _____

RACE: 5K Walk _____ 5K Run _____ 1 MILE Walk _____ 1 MILE Run _____

SHIRT SIZE: Adult: S ___ M ___ L ___ XL ___ XXL ___ Child: S ___ M ___ L ___ XL ___

A CONFIRMATION WILL BE EMAILED TO YOU. Email address _____

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** _____