



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

Finisher Medals For Everyone / My Win - My Hill

SEPTEMBER 16, 2023 9:00 a.m.

PROCEEDS GO TO: HLG "Reach for the Sky"& Oh These Irish Hills! Projects
THE HILLIEST COURSE IN S.E. MICHIGAN
HIDDEN LAKE GARDENS
6214 W. Monroe (M-50), Tipton, MI 49287

MY HILL! For 5K Participants

Overall Male & Female Winners plus one drawn winner receive their name on a hill.

PRE-REGISTRATION: \$35.00 Only pre-registered entrants confirmed by Sept. 10th are **guaranteed** shirts with entry fee.

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

DAY OF RACE: September 16th, \$40.00

*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

FINISHER MEDALS FOR ALL PARTICIPANTS!!

Gift Certificates: Top Male & Female Finisher In Each Age Group will receive a gift certificate for the 5K & 1 Mile Run & Walk events

AGE GROUPS: 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 and over

FOR MORE INFORMATION CALL: (517) 403-5358

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

NAME:		ADDRESS:	
CITY:		STATE:	ZIP: PHONE ()
Walk 1 Mile ___ 5K ___	SHIRT SIZE: Circle One:		Age on Sept. 16, 2023: _____
Run 1 Mile ___ 5K ___	ADULT: S M L XL XXL		Are you a member of Hidden Lake Gardens? Yes ___ No ___
MALE ___ FEMALE ___ CHILD ___	CHILD: S M L XL		
A confirmation will be emailed to you.		E-Mail 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. 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 the use of Oh These Irish Hills!

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