



# 2023 RUN FOR THE HILLS! 1MI, 5K RUN/WALK - Virtual Event September 17th - October 1st

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

**PROCEEDS GO TO HLG'S "Reach for the Sky" Project and Oh These Irish Hills!**

- **AWARDS:** Finisher Medals to all Participants, Overall Male Winner, Overall Female Winner, and a Random Drawing Winner will have their name posted at Hidden Lake Gardens. Winners will be posted after October 10, 2023, at <https://www.otih.org> and at <https://www.facebook.com/OhTheseIrishHills>.
- **REGISTRATION:** \$35.00 Only pre-registered entrants confirmed by Sept. 10th are guaranteed a shirt.
- **FAMILY DISCOUNT:** 14 & under \$10 with paid adult entrant.
- **VIRTUAL RACE DAYS:** September 17th until October 1<sup>st</sup> - at Hidden Lake Gardens during normal "OPEN" hours.
- Hidden Lake Gardens are OPEN: Tuesday through Sunday 9:00 AM – 5:00 PM. Most buildings and restrooms are open.
- **RACE SHIRTS PICKUP** on October 14th at Jerry's Pub, 650 Egan Hwy. Brooklyn from 1 – 4:00 PM.

*\*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.*

The 2023 Virtual Race will take place when participants choose to run or walk the marked 1 Mile and 5K race courses. Participants can time themselves with a Running App such as MapMyRun or STRAVA. At the completion of your virtual run/walk, please send a screenshot of your results to OTIH prior to October 9, 2023. We also encourage participants to send pictures, and names of participants that we can include on our website and our Facebook Page. All photos and screenshots should be emailed to [myotih@outlook.com](mailto:myotih@outlook.com). Contact Sue DuBuc at (517) 990-7099 with questions.

**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 AT THE EMAIL ADDRESS YOU LISTED ABOVE.

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** \_\_\_\_\_