

RUN FOR THE HILLS 5K

HARLAN, KENTUCKY

8:00 am START TIME

JUNE 4th , 2016

DATE/TIME/PLACE: Saturday, June 4th, 2016 8:00 AM In front of the Harlan County Courthouse –Central St.

COURSE DESCRIPTION: Scenic 3.1 mile run up and over Ivy Hill in Harlan, Ky. The course starts downtown Harlan and quickly enters a residential area of one of Harlan's oldest neighborhoods. Runners start and finish in the same place.

REGISTRATION AND FEES: Runners are encouraged to register to ensure T-shirt Sizes. Registration is \$20.00. All On-site registration is \$20.00. On-Site registration is available from 7:15-7:45.

T-SHIRTS/MEDALS: Quality t-shirts are given while available. Only pre-registered runners are guaranteed to receive shirts on race day. Late and race day registrants, as supplies last.

AWARDS: Trophies and medals. Age Groups (top 3) 12-Under, 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60- Over. Overall winners are not eligible for age division awards. Participation medals are awarded to participants 12 and under.

RESULTS: Results and forms will be posted on the web page: www.rfth5k.com

More Info: Will Seidelman **William.seidelman@ky.gov**

OFFICIAL 2014 RUN FOR THE HILLS ENTRY FORM

Race Number: _____ **T-shirt Size (circle one):** S M L XL XXL

Last: _____ **First:** _____ **Sex:** Male | Female

Age (as of 06-04-2016): _____ **Birth date:** m. _____ d. _____ y. _____

Address: _____

City: _____ **State:** _____ **Zip Code:** _____

Phone: (_____) _____ - _____ **Email Address:** _____

In case of emergency, call: _____ **at phone:** _____ **Estimated Finish Time:** _____

Fill out completely and mail with Entry fee to:

Harlan Rotary -RUN FOR THE HILLS 5K

Harlan Rotary Club

P.O. Box 549

Harlan, KY 40831

Make Checks Payable to:

Harlan Rotary -RUN FOR THE HILLS 5K

We reserve the right to disqualify anyone who exhibits unsportsmanlike conduct or is abusive toward volunteers. Due to insurance regulations, no roller blades, strollers, bicycles, dogs on the course.

ATHLETE'S RELEASE PLEASE READ, TO RUN THE RACE, YOU MUST SIGN AND DATE IT.

I know that running in races are potentially hazardous activities. I should not enter and run in the RUN FOR THE HILLS 5K unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and/or volunteering to work in the aforementioned race, including but not limited to falls, contact with other participants, wildlife encounters, the effects of weather, including high heat or humidity, ice and snow, the condition of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I for myself and anyone entitled to act on my behalf, waive and release RUN FOR THE HILLS 5K any and all member thereof, and all further sponsors, their representatives, successors, from all claims or liability of any kind arising out of my participation in the aforementioned event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also grant permission to all the foregoing to use any photograph, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Athlete's Signature If under 18, parent's signature

Date