

PRESORTED
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PAID
ALGONQUIN, IL
PERMIT NO. 8

SUNDAY • APRIL 15 • 2012

Run thru the HILLS

**10K RUN • 5K RUN • WALK
KIDS' MOLEHILL RACES**

Run thru the Hills

Village of Lake in the Hills
Parks & Recreation Department
600 Harvest Gate
Lake in the Hills, IL 60156



SPONSORED BY



VILLAGE OF LAKE IN THE HILLS
PARKS & RECREATION DEPARTMENT

www.lith.org • 847. 960. 7460

Run thru the HILLS

SUNDAY • APRIL 15 • 2012

10K & 5K Races
Start Time
8:00 AM

Molehill Races
Start Time
9:15 AM

**Technical
Shirts for
5K/10K Racers**

DISTANCES

- 10K (6.2 miles) Run
- 5K (3.1 miles) Run & Walk
- Kids' Molehill Races
(1 Mile, 1/2 Mile, 1/4 Mile, 50 yards)

AGE DIVISIONS

MOLEHILL	5K & 10K	
2 - 4	11 - 14	40 - 44
5 - 6	15 - 19	45 - 49
7 - 10	20 - 24	50 - 54
11 - 14	25 - 29	55 - 59
	30 - 34	60 - 64
	35 - 39	65 & up

FEES

Thru April 9:	10K & 5K	\$25
	Molehill (Kids)	\$17
April 10 - 15:	10K & 5K	\$30
	Molehill (Kids)	\$22

REGISTRATION

Online: At www.lith.org/runthruthehills.html
www.signmeup.com/79388

By Mail: Send this form and check made payable to:
Village of Lake in the Hills
Attn: Run thru the Hills
600 Harvest Gate
Lake in the Hills, IL 60156

Race-Day: Sunday, April 15, 6:30 - 8:15 AM
at Race Day Headquarters.

GOODIES

All 5K/10K participants will receive a long-sleeve technical shirt (no Youth sizes).
Molehill participants will receive a cotton race shirt and participation medal.

INFORMATION

847. 960. 7460 or www.lith.org/runthruthehills.html



2012 RACE DAY INFORMATION

NO REFUNDS

are issued for races or special events.

Interested in being a Race Day Volunteer?

Contact Trevor at 847. 960. 7469 or tbosack@lith.org.

START TIMES

Registration Opens	6:30 AM
10K & 5K Races/Walk *	8:00 AM
Molehill Races (Kids' races)	9:15 AM



RACE DAY HEADQUARTERS

AMC Lake in the Hills 12 Movie Theaters, 311 Randall Road. Directions from I-90 (Elgin exit): take Randall Road – north 8 miles, past Rt. 62/Algonquin Road to Acorn Lane (right) to Acorn Court (right).

THE COURSE

Check out the hills in Lake in the Hills! Get a taste of the rolling terrain that surrounds Woods Creek Lake in the mature section of town. Visit www.lith.org to view the course map.

THE HILLS 10K (6.2 miles)

This very challenging course is on the streets and consists of 12 right turns, 11 left turns, and 10 hills. Four water stops are on the race course. Mile markers at every mile.

5K RUN/WALK (3.1 Miles)

5K Run or Walk follows 2 miles of the 10K course with 3 challenging hills and some flats. One water stop on the race course.

MOLEHILL RACES

Kids two years and older are challenged with race distances from 50 yards to 1 mile.

PACKET PICK UP

Packets will be available for pick-up on Saturday, April 14, from 10 AM - 6 PM at the Running Depot located at 30-E North Williams Street in Crystal Lake and on Sunday, April 15, from 6:30 - 8:15 AM at Race Day Headquarters.

AWARDS

10K and 5K Race awards are three-deep in age groups beginning with 11 – 14 through 65+. Walkers will receive finisher ribbons. All kids will receive a cotton shirt, a race bib, a participation award, and a goodie bag.

5K/10K awards will be presented ON-SITE approximately 10 minutes after the conclusion of each race. All results will be posted on www.racetime.info on race day afternoon.

2012 Run thru the HILLS ENTRY FORM

SAVE TIME- REGISTER ONLINE!
www.signmeup.com/79388
 or www.lith.org

Last Name		First Name	
Address		City	Zip
Day Phone Number		Evening Phone Number	
E-mail Address (Race news only)		Age (As of 4/15/12)	Date of Birth
<input type="checkbox"/> Female	<input type="checkbox"/> Male	Years Attending Race	

EVENT (please check one)		Thru 4/9	4/10 – 4/15
10K Run	4010/39	<input type="checkbox"/> \$25	<input type="checkbox"/> \$30
5K Run	4010/40	<input type="checkbox"/> \$25	<input type="checkbox"/> \$30
5K Walk	4010/41	<input type="checkbox"/> \$25	<input type="checkbox"/> \$30
Molehill (kids):			
50 Yards (2 – 4 yrs)	4010/42	<input type="checkbox"/> \$17	<input type="checkbox"/> \$22
1/4 Mile (5 – 6 yrs)	4010/43	<input type="checkbox"/> \$17	<input type="checkbox"/> \$22
1/2 Mile (7 – 10 yrs)	4010/44	<input type="checkbox"/> \$17	<input type="checkbox"/> \$22
1 Mile (11 – 14 yrs)	4010/45	<input type="checkbox"/> \$17	<input type="checkbox"/> \$22
Total		\$ _____	\$ _____

SHIRT SIZES

(Included in fee)

Youth (100% Cotton)

- Small (size 6 – 8)
- Medium (size 8 – 10)
- Large (size 10 – 12)

Adult (Technical)

- Small
- Medium
- Large
- Extra Large

Make checks payable & mail to:
 Village of Lake in the Hills
 Attn: RTTH
 600 Harvest Gate
 Lake in the Hills, IL 60156

Check #	_____
Cash \$	_____
Date	_____
OFFICE USE ONLY	
Race #	_____

THIS IS AN IMPORTANT WAIVER. PLEASE READ CAREFULLY

Each of the undersigned, (the participant and participant's parent or guardian) realize the inherent risks involved in the event and assume any and all such risks. Each of the undersigned and his or her heirs, personal representatives, assigns and all other persons claiming under or through each of the undersigned, WAIVE, RELEASE, FOREVER DISCHARGE, COVENANT NOT TO SUE AND AGREE TO INDEMNIFY AND HOLD HARMLESS the Village of Lake in the Hills, their officials, employees, agents and volunteers as well as each of the event's sponsors, of and from all liability, loss, claims, demands, judgments, and expenses, known or unknown, in connection with the event, that may accrue by reason of any loss, damage, or injury or death to me, in any way arising in connection with or relating to the event, regardless of the manner in which such loss, damage, injury or death is caused, including acts or negligence of any of the released (unless such acts or negligence constitute recklessness or willful misconduct). Each of the undersigned agree that there shall be no refunds if the event is cancelled. Each of the undersigned understand that each participant registering for this strenuous event is encouraged to seek a physician's approval. Also, each of the undersigned permit the taking of photos, audio and video taping of themselves during the event for publication and use as the Village of the Lake in the Hills deems appropriate. Each of the undersigned will pay for the participant's medical and emergency expenses in case of accident, illness or incapacity regardless of whether he or she has authorized such expenses. Each of the undersigned has read this waiver and release and understands it.

Signature of Participant	_____	Date	_____
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I am the parent and natural guardian or legal guardian of the above-signed minor child participant and in consideration of the permission extended to my child to participate in the event. By my signature, I certify the participant: (1) is my minor child or ward; and (2) has no history of injury or disease which might be affected by this event. I further represent that I am in fact acting in my capacity as parent or guardian, and understand and agree to the terms of the above waiver and release.

Signature of Parent or Guardian	_____	Date	_____
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