



SPRINGTIME HILL CLIMB PO BOX 57292, Des Moines, IA 50317

April 11, 2015

Saturday - 8:00 A.M. (course will be closed by 9:30A.M.)

Doanes Park – Pleasant Hill, IA  10k is USATF certified

10k run/5k run or walk

(There also will be a free Kid's Dash at 9am for children 10 and under. There will be no registration, no shirts, but lots of ribbons and Fun!)

Online Entry at: www.STHCiowa.com

	Early Bird fee postmarked by March 14	Normal Fee postmarked by March 28	WALK ON
Group Discount	\$88 first 4 group members \$22 each additional member	\$108 first 4 group members \$27 each additional member	NA
On Line	\$25 + transaction fee	30 + transaction fee	NA
Mail In	\$25	\$30	NA
Walk On	Registration open from 7-7:30AM		\$35

NO ENTRY FEE REFUNDS and t-shirts & sports bags are not guaranteed for walk-on entries.

Packet Pickup: Friday, 04/10/14, 4-7 P.M., at the Doanes Park Youth Center (5050 Doanes Park Road, Pleasant Hill, IA)

Day of Registration: Saturday, 4/11/15, 7:00-7:30 A.M. at Doanes Park, Pleasant Hill (5050 Doanes Park Road, Pleasant Hill, IA)

The 5K & 10K courses both start and finish at Doanes Park.

\$100 Sports Page gift cards will be presented to male and female overall winners, as well medals for the first three places, in eight age groups for both male and female divisions. All Pre-registered participants are guaranteed a dry fit t-shirt and a drawstring gift sports bag full of great stuff.

2015 Springtime Hill Climb proceeds will benefit Freedom for Youth. Freedom for Youth is an organization that give guidance, training and hope for children and youth of Iowa.

For driving directions, a course map and much more information go to www.STHCiowa.com

M/F age groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over

Make checks payable to: Running Pleasant Hill IA

Mail completed entry forms to: Springtime Hill Climb, PO Box 57292, Des Moines, IA 50317

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip Code _____

Daytime Phone _____ t-shirt size: S M L XL 2X (circle one)

Male or Female (circle one) Age on 04/11/15 _____

5K walk 5K run 10K run (circle one)

I would like to give \$5__ \$20__ \$50__ \$100__ Other \$_____ to Team Freedom. Team Freedom is a running team made up of students from Freedom for Youth that are raising support for their charity.

Email Address _____ Amount Enclosed \$ _____

WAIVER MUST BE SIGNED!



In consideration of your acceptance of this entry, I release all groups or persons, including the City of Pleasant Hill, Running Pleasant Hill, The Springtime Hill Climb officials, sponsors, contributors, volunteers, etc. from any and all liability for any injury or damages arising from any participation in this event. I also authorize any medical treatment deemed advisable by a licensed physician to relieve any injuries or illness while a participant or observer. Participant hereby grants to the Host, its representatives, and employees the right to take photographs and video of Participant in connection with Participant's participation in the Programs. Participant hereby authorizes the Host to copyright, use, and publish the same in print and/or electronically. Participant hereby agrees that the Host may use such photographs and video of Participant for any lawful purpose, including but not limited to, publicity, illustration, advertising, and Web content. I understand that shirt sizes cannot be guaranteed on race day. I acknowledge that the entry fee is non-refundable and non-transferable. I certify that I have read this document and agree with its contents.

SIGNATURE (parent or legal guardian if participant is under 18) _____ DATE _____