



# 37th Annual HILLS ARE ALIVE 10k/5k Run/Walk

[www.HillsAreAliveRace.com](http://www.HillsAreAliveRace.com)



**Saturday, August 11, 2018**

**Ernie Howlett Park**

**8:00 am**

**City of Rolling Hills Estates**

310.377.1577

[www.RollingHillsEstatesCA.gov](http://www.RollingHillsEstatesCA.gov)

### Thank You Sponsors



South Bay Lexus

First Foundation Bank

South Coast Botanic Garden

Waste Management

Village Runner

JumpStart Bodyfuel

Medawar Fine Jewelers LampPost

Pizza

Sam's Club

Torrance Oral Surgery Center

Ambient Chiropractic & Wellness

#### Race Produced by:

MPH Productions

### FEATURES:

- ⇒ Custom-designed Finishers Medals for ALL Finishers
- ⇒ Cross-Country Fun Run with soft-packed horse & bike scenic trails
- ⇒ Time clock for both races
- ⇒ FREE T-shirt
- ⇒ Refreshments & gift bags

### Packet Pick-up/Late Registration

Friday, August 10, 10 a.m. - 6 p.m.  
**VILLAGE RUNNER**  
 1811-A Catalina Ave  
 Redondo Beach, CA 90277  
 (310) 375-2626

### How to Register

**Drop-off or Mail** to City of Rolling Hills Estates, 4045 Palos Verdes Drive North, Rolling Hills Estates, CA 90274 by **Thursday, August 9**; (credit card can be accepted at in person) **or Register Online** [www.active.com](http://www.active.com)

### AWARDS

Plaques will be awarded to the top Female and top Male Winners for both the 5k and 10k events

*This event benefits the non-profit Pepper Tree Foundation. Donations toward the Foundation are used to protect, develop and maintain City trails, parks and open space.*

If you require a disability-related modification or accommodation to attend or participate in this event, please contact ADA/504 Coordinator at 310-377-1577 at least one-week (7-days) prior to the event.

**\*\*\*NO STROLLERS OR DOGS ALLOWED ON THE RACE COURSE!\*\*\***

ENTRY FORM

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**EVENT:** (Check one)    10K EVENT    5K EVENT    Select Adult T-shirt size:    **S**    **M**    **L**    **XL**    **XXL**

PLEASE PRINT:

Name \_\_\_\_\_ Sex (Check one):    **Male**    **Female**    Age: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_ E-mail address \_\_\_\_\_

Emergency Contact & Phone \_\_\_\_\_

**MAKE CHECKS PAYABLE TO: "RHE PEPPER TREE FOUNDATION"**

**MAIL REGISTRATION FORM AND PAYMENT TO: CITY OF ROLLING HILLS ESTATES, ATTN: RECREATION, 4045 PALOS VERDES DRIVE NORTH, RHE CA 90274**

### RELEASE OF LIABILITY - SIGNATURE REQUIRED FOR ALL PARTICIPANTS

I have elected to participate in the recreation activity stated above. In consideration for and as a condition of such participation, I agree to assume any and all risks arising out of or incident to such participation. I further agree to indemnify and hold harmless the City of Rolling Hills Estates, its instructors, agents, officers and employees from any and all claims, damages, losses, expenses or any person, arising out of or incident to my participation in this recreation activity on August 11, 2018.

I hereby represent that I understand and am familiar with the nature of the activities in which I will participate in this recreation program, that I am in good physical health, and that I do not have physical or emotional conditions, past or present, of which I am aware, which would in any way affect my ability to participate in this activity.

**FEE:** \$35 in advance; on \$40 race day.  
**Team discount:**  
 (310) 377-1577

Signature of Participant (18 years or older) \_\_\_\_\_ Date \_\_\_\_\_ Signature of Parent/Guardian if under 18 \_\_\_\_\_ Date \_\_\_\_\_

IF PARTICIPANT IS UNDER AGE 18: This is to certify that my son/daughter has my permission to compete in The Hills Are Alive 10K/5K Run-5K Walk on August 11, 2018, is in good physical condition, and that race officials have my permission to authorize emergency care.

Help us learn more! How did you hear about this event?    Friend    Ad    Banner    Website    Email    Social Media    Other

How many Hills Are Alive Races have you run/walked? \_\_\_\_\_