



# 38<sup>th</sup> Annual Hills Are Alive 10k/5k Run/Walk

## Saturday, August 10, 2019 Ernie Howlett Park at 8:00 am

Cross-Country Fun Run with soft-packed horse & bike trails  
Medals for ALL Finishers • Time Clock for both races  
FREE T-shirt • Refreshments & gift bags

### How to Register

Drop-off or Mail to City of Rolling Hills Estates by **Thursday, August 8**;  
(credit cards accepted in person) or Register Online [www.active.com](http://www.active.com)

### Packet Pick-up/Late Registration

**Friday, August 9, 10:00 a.m. - 6:00 p.m.**  
Village Runner, 1611 S Catalina Ave. Ste 105, Redondo Beach, CA 90277  
(310) 375-2626

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.

*This event benefits the non-profit Pepper Tree Foundation.*



City of Rolling Hills Estates  
(310) 377-1577 | [www.RHE.city](http://www.RHE.city)



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

**Thank You Sponsors:** **UCLA Health** | South Bay Lexus | Malaga Bank | South Coast Botanic Garden  
Waste Management | Village Runner | Medawar Fine Jewelers | Jumpstart Body Fuel | LampPost  
Pizza Sam's Club | **Race Produced by:** MHP Productions

## Hills Are Alive Run/Walk : Registration Form

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

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"

FEES	<b>ADULTS:</b> \$35 in advance;	<b>TEAM DISCOUNT:</b>
	\$40 on race day.	\$25/runner for a team of 20+
	<b>KIDS:</b> \$10 (10 and under)	Call (310) 377-1577x110

### 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 10, 2019.

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.

\_\_\_\_\_  
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 10, 2019, is in good physical condition, and that race officials have my permission to authorize emergency care.