

20th Annual Run for the Hills

5K • 10K • 1 Mile Fun Run/Walk • 5K Race Walk

Health Fair/Expo

Race Registration Form

Please complete one form for each participant.

NAME: _____ Male Female

ADDRESS: _____

PHONE: _____ EMAIL: _____

D.O.B.: _____ Age on race day: _____

5K 10K 5K Race Walk 1 Mile Fun Run/Walk Fee Due: \$ _____

SCHOOL /BUSINESS/TEAM REPRESENTED: _____

SHIRT SIZE—Unisex Sizing ** (circle one) - **Adult:** S M L XL XXL **Youth:** S M L

**** T-shirt is only guaranteed if registered by April 13th**

Sleep Walker: \$25.00 to support the Bulverde Spring Branch Activity Center Run for the Hills. I will pick up my shirt but skip the run!

Waiver: I know that this event is a potentially hazardous activity. I should not enter this event unless I am medically able and properly trained. I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue any person or organization or sponsor of participant for and all claims of liability for death, personal injury or property damage of any kind or nature whatsoever arising out or in the course of my participation in this event. This full and final release and waiver extends to all claims whatsoever, foreseen or unforeseen, known or unknown. Applicants under the age of 18 must have a parent/guardian sign this form. Entry fees are not refundable. No scooters, bicycles, etc. allowed on race route.

Athlete's Signature _____ Date _____

Parent/Guardian's Signature _____ Date _____

- Medals for 1st Overall Male and Female
- Medals for top 3 in each age group by gender for 5K/10K Run
- Medals for top 3 by gender for 5K Race Walk
- Trophies awarded for Highest School Participation
- Ribbons for all participants ages 0-12 in 1 mile fun run/walk

Proceeds benefit the Bulverde Spring Branch Activity Center

The mission of the Bulverde Spring Branch Activity Center is to enhance the lives of seniors through programs involving education, exercise, social activities, health and community service in an environment that provides opportunities for seniors to remain active and self-sufficient.

The Bulverde Spring Branch Activity Center is a 501 (c) 3 Non-Profit organization and receives no city, county or federal funding.

Learn more at www.bsac.com.

WHEN

Saturday, May 4, 2019

7:00 am Race day registration opens
8:00 am - 1 Mile Fun Run/Walk starts
8:30 am - 5K/10K/5K Race Walk starts

WHERE

Bulverde Spring Branch Activity Center
30280 Cougar Bend, Bulverde, TX 78163
830-438-3111

REGISTRATION

ONLINE

www.athleteguild.com
Run for the Hills
Online registration thru 5/2/19

IN-PERSON REGISTRATION

Bulverde Spring Branch Activity Center
30280 Cougar Bend, Bulverde, TX 78163
Monday through Friday, 9 am – 3 pm

EARLY PACKET PICKUP

Bulverde Spring Branch Activity Center
30280 Cougar Bend, Bulverde, TX 78163
May 2 & 3, 9 am – 7 pm

REGISTRATION FEE

Through April 20

5K/5K Race Walk - \$25, 10K - \$30

April 21 through May 3

5K/5K Race Walk - \$30, 10 K - \$35

Race Day (May 4)

5K/5K Race Walk - \$35, 10 K - \$40

1 Mile Fun Run \$10 (without shirt) **through May 4**

\$5 Military Discount (active/retired with valid ID)

Payable to:

Bulverde Spring Branch Activity Center
Cash/Check/Credit Cards accepted



**BULVERDE
SPRING BRANCH
ACTIVITY CENTER**
SERVING ADULTS 50+