



# Heels and Hills and Him Half Marathon / 10K / 5K / 1 Mile Fun Run

September 26, 2010

<http://www.heelsandhills.com>

Mail your completed entry form and cash or check to: **Heels and Hills, PO Box 142924, Irving, Texas 75014-2924**  
Make all checks payable to "Heels and Hills, Inc."

Entry form must be postmarked by July 15 for these prices to be valid! July 16th and beyond, download a new form from the website.

Select one option:

<b>Prices Valid Through July 15, 2010</b>	Heels & Hills & Him (Sept. 26, 2010)
Half Marathon	<input type="radio"/> \$55
10K	<input type="radio"/> \$30
5K	<input type="radio"/> \$15
1 Mile	<input type="radio"/> \$10

Name:

Gender: Male  Female  Birthdate:  /  /

Email Address:

Daytime Phone:  -  -

Address:

City:  State:  Zip:

**Tech Shirt Size (for Half Marathon and 10K):**

Shirt Style: Women's Short Sleeve (Blue)  Women's Long Sleeve (Blue)  Men's Short Sleeve (Blue)

Shirt Size: XS  S  M  L  XL  XXL  XXXL

**Cotton T-Shirt Size (for 5K and 1 Mile Fun Run):**

Youth Large  S  M  L  XL  2XL  3XL

**Award Divisions:** (Choosing to enter this award division means you will not be eligible for any age group awards.)

Clydesdale - men whose weight is over 195 pounds  Athena - women whose weight is over 150 pounds

**Would you like to sign up for 21 weeks of informal group runs and coaching?** (Runs will be on Saturday mornings in Irving and will begin May 9. The addition of coaching this year is to help our runners and walkers meet their personalized goals and get and stay active!)

Yes — \$13  No

**If you would like to add a family member to participate in the 1 Mile Fun Run, sign them up here at a reduced entry fee** (Encourage your family... "Don't just spectate -- participate!")

Yes — \$5 EACH (SAVES \$5) Names: \_\_\_\_\_ Shirt Sizes: \_\_\_\_\_  No

**Team Name** - optional (Make a team with all your friends and enter the name here. Special recognition for biggest team.)

**Mother/Son or Father/Son Pair** - optional - If you and your father/mother or son are participating together, which best describes your pair? (We love to recognize families getting active together!)

- Father or  Mother - and Adult Son (18 and older)
- Father or  Mother - and Teenage Son (ages 13-17)
- Father or  Mother - and Child Son (ages 12 and under)

Enter the name of the other person in the pair (your father/mother/son), and their relationship:

Name: \_\_\_\_\_

(NOTE: Family member listed here MUST register themselves - this is not a registration for them!)

Relationship: \_\_\_\_\_

Were you registered for any of the past May Heels & Hills events? Yes-1 year  Yes-2 yrs  Yes-3 yrs  Yes-4 yrs  No

Were you registered for the 2009 inaugural Heels & Hills & Him event September 27, 2009? Yes  No

Packet Pickup Location: Packet Pickup, Friday and Saturday, at Holiday Inn  Race Day Morning, at the Race Site

Will this be your first time to complete the distance you signed up for in a race? Yes  No

**WAIVER STATEMENT: Entry invalid if not signed.** In consideration of the acceptance of this registration entry, I the undersigned assume full and complete responsibility for any injury or accident, which may occur during my participation in the event or while I am on the premises of the event. I hereby release and hold harmless Heels and Hills Inc, the sponsors, promoters and all other persons and entities associated with the event or their agents or employees, or otherwise. I will not enter and participate unless medically and properly trained. I also know that although police protection will be provided, there may be traffic on the course route. I assume the risk associated with this event, including but not limited to falls, contact with participants, alcohol consumption, the effects of weather including high heat and/or humidity, and the conditions of the road, all such risks being known and appreciated by me. I further grant my permission to use any photographs, videotape, motion pictures, recordings or any other record of this event. Shirt size is not guaranteed. Fees are non-refundable for any reason, including cancelation of the event. I am responsible for the return of my timing chip. I have read the forgoing and certify my agreement by this signature, and my parent's/guardian's if under 18 years of age.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent or Legal Guardian, for minor: \_\_\_\_\_

Date \_\_\_\_\_