

# Join us for the 22<sup>nd</sup> Annual Hills & Dales General Hospital 5K/8K Run, 5K Walk & Toddler Trot!

**Saturday, July 6, 2019**

**Registration: 6:30am-7:30am**

**Toddler Trot: 7:30am-7:50am**

**5K & 8K Run/5K Walk: 8:00am**

**Location:** Start/Finish at Hills & Dales Medical Arts Bldg, 6190 Hospital Drive Cass City, MI 48726

**Course:** A moderately hilly course within the village of Cass City. Water stations available on 5K & 8K routes. Snacks & cold water available following the race and during awards ceremony.

**Divisions:** Toddler Trot (everyone gets a medal), 8-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

**Trophies/Awards:** 5K Walk, 5K Run, 8K Run overall male/female and masters male/female winners. Trophies and medals for top three places in each age/sex division. Participants must complete the full course on their own to qualify for an award. All participants receive free passes to our Cass City fitness facility. Raffle drawings for other prizes too!

**T-shirts:** T-shirts given to all participants who pre-register before June 13, 2019. After the June 13 deadline, we will still record your size but a t-shirt will not be guaranteed. They will be on a first come, first serve basis on the morning of the event.

**The Toddler Trot:** For kids 8 years & younger, the course is 1/2 mile long around the hospital. The race will start at 7:30 a.m. & must be completed by 7:50 a.m. Parents are welcome to run with kids. There will be crossing guards.

## REGISTRATION:

**\$10 for Toddler Trot    \$20 for 5K/8K Run & 5K Walk Pre-Registered    \$25 day of race**

To register online visit [www.hdghrehab.com](http://www.hdghrehab.com).

A link will be provided to our active.com event, where you can quickly & securely register.

You can mail your registration & payment to:  
Hills & Dales General Hospital  
Attn: Danielle Blaine, 5K/8K & Toddler Trot Race  
4675 Hill Street Cass City, MI 48726

 Cut this portion and return with payment

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

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Birthday: \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

T-shirt Size: 2T    3T    4T    5/6T    7T

YS    YM    YL    S    M    L    XL    2XL

(please circle, T is for toddler & Y is for youth)

Male     Female      Age on Race Day

5K Walk     5K Run     8K Run

Toddler Trot

Check is enclosed

*Please make checks payable to Hills & Dales General Hospital*

Cash is enclosed

In consideration of participation in either the 5K/8K Run, 5K Walk, or Toddler Trot (must sign for child), I am aware that it can be a potentially hazardous activity. I, for myself, my heirs, executors, and administrators, waive all rights and claims for damages I may have against Hills & Dales General Hospital, and all sponsors for any and all injuries suffered by me associated with this Run/Walk, including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I also state that I am in proper physical condition to participate in my respective event. Further, I hereby grant full permission to any and all foregoing to use any photographs, videotapes or any other record of this event for any legitimate purpose.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent/Guardian if under 18 years of age \_\_\_\_\_

Date \_\_\_\_\_

Office Use Only: Date Received \_\_\_\_\_

**Hills & Dales General Hospital**

**4675 Hill Street**

**Cass City, MI 48726**

**Hills & Dales General Hospital's  
22nd Annual**

**5K Run 5K Walk 8K Run  
and Toddler Trot!**

**Saturday, July 6, 2019**

**Cass City, Michigan**

**[www.hdghrehab.com](http://www.hdghrehab.com)**