

# 21st Annual Heart of Holladay 5K Classic

## Saturday, June 13, 2009



7:00 am Day of Race Registration  
 8:00 am 5K Race & Fitness Walk (3.1 Miles)  
 9:00 am Kids Fun Run – ¼ Mile  
 9:15 am Awards

Holladay City Hall – 4580 South Holladay Blvd (2300 East)

**Registration Fee Includes:** Event participation, **Performance Shirt**, goodie bag for pre-registered runners, Post-race refreshments, Prize Drawings, Ribbons for all Kids Race participants. **Pre-register early to guarantee shirt on day of event.** Enter to win a guaranteed spot in the **2009 St. George Marathon**. Just mark “St. George hopeful” on your registration form. Bring your family and friends; have them run in your name for additional chances to win. See registration form and website for details.

**5K Awards:** \$750 Cash prizes to top 3 male and female overall and masters.  
 Awards for top 3 in each of 16 male and female age divisions.



**Course:** Start at Holladay City Hall field, south on Holladay Blvd., Rt.on Hillsden, Haven to Cottonwood Lane, North on Cottonwood Ln. to Holladay Blvd. Finish at Holladay City Hall field. (Course may be adjusted due to road construction. Visit our website for updates.)

**Registration Fee:** Pre-registration \$20 by June 5 for 5K, \$25 after June 5 and day of race. Kids Race \$10 by June 5, \$15 after June 5 and day of race. **Remember to register early for guaranteed shirt on day of race.**

**Mail To:** Heart of Holladay  
 4725 Sycamore Dr.  
 Holladay, UT 84117

**In Person Registration:**  
 Holladay City Hall  
 4580 So. 2300 East  
 801-272-9450

**More Info:** John or Kris Erickson  
 801-858-1074  
 Email: kristirun@earthlink.net  
 Website: www.heartofholladay.com

----- Complete parts 1 – 6 Detach and Mail by June 5, 2009 -----

**1. Name :** \_\_\_\_\_ **Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**2. Gender** Check one: \_\_\_ Female \_\_\_ Male Clydesdale? \_\_\_\_\_

**3. Age** on 6/13/09 \_\_\_\_\_ (required)

**4. Race Category:** Check one:

\_\_\_ **5K** \$20 by June 5, \$25 after \$ \_\_\_\_\_

\_\_\_ **Kids Fun Run** (7 & under and 8-12) \$ \_\_\_\_\_  
 \$10 by June 5, \$15 after

**Make checks payable to: Heart of Holladay:** \$ \_\_\_\_\_

**5. T-Shirt Size** Check one:

Adult \_\_\_ XS \_\_\_ S \_\_\_ M

\_\_\_ L \_\_\_ XL

Youth \_\_\_ S \_\_\_ M

\_\_\_ L (Youth shirts are cotton)

In consideration of this entry, I, for myself, my heirs, my executors, and administrators, waive any and all rights and claims I may have against the sponsors, coordination group, and any individuals associated with the event, or their connection with said event. I represent that I am in proper physical condition to participate in this race. By signing this form, I acknowledge that I have read and fully understand my own liability and do accept the restrictions.

**6. Signature** \_\_\_\_\_

Date \_\_\_\_\_

Running for St. George hopeful \_\_\_\_\_

(Photocopy form as needed for each participant)