

22nd Annual Heart of Holladay 5K Classic

Saturday, June 12, 2010

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 **2010 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 and Finish at Holladay City Hall. See website for exact course.

Registration Fee: Pre-registration \$22.50 by June 5 for 5K, \$30 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 – 7 Detach and Mail by June 5, 2010 -----

1. Name : _____ **Address:** _____

City: _____ **State:** _____ **Zip** _____ **Phone:** _____

2. Gender Check one: ___ Female ___ Male Clydesdale? _____

3. Age on 6/12/10 _____ (required) **4. Email address** _____

5. Race Category: Check one:

___ **5K** \$22.50 by June 5, \$30 after \$ _____

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

Make checks payable to: Heart of Holladay: \$ _____

6. 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.

7. Signature _____

Date _____

Running for St. George hopeful _____

(Photocopy form as needed for each participant)