



39th Annual Hills Are Alive Virtual 10k/5k Run/Walk

Saturday, September 12, 2020

Run at Your Own Pace • T-Shirt Medal for ALL Finishers •

You can run at anytime and you're free to complete the 5k or 10k indoors on a treadmill or anywhere outside while practicing safe distancing and following all CDC guidelines. The best part is you get to choose the start and finish line and you can take as much time as you like to complete the fun run! Register now and complete the virtual fun run anytime starting Saturday, September 12, 2020 through Monday, October 12th. Please note that this is a self-coordinated fun run with no setup, chip-timing, or coordinators on-site.

How to Register

Drop-off or Mail to City of Rolling Hills Estates by **Thursday, September 10;**
(credit cards accepted in person) or Register Online www.active.com

If you require a disability-related modification or accommodation to participate in this event, please contact ADA/504 Coordinator at (310) 377-1577 at least one week (7 days) prior to the event.

This event benefits the non-profit Pepper Tree Foundation.



City of Rolling Hills Estates
(310) 377-1577 | www.RHE.city



www.HillsAreAliveRace.com

Thank You Sponsors: Western Pacific Oncology | South Bay Lexus

Hills Are Alive Run/Walk : Registration Form

NO STROLLERS OR DOGS ALLOWED ON CITY TRAILS

EVENT: (Check one) 10K Event 5K Event **Select Adult T-shirt size:** S M L XL XXL

PLEASE PRINT:

Name _____ Sex (Check one) Male Female Age: _____

Address _____ City _____ State _____ Zip Code _____

Home Phone _____ E-mail address _____

Emergency Contact & Phone _____

MAKE CHECKS PAYABLE TO: "RHE PEPPER TREE FOUNDATION"

FEES	Virtual Event:
	\$25.00 FOR ALL AGES



MAIL REGISTRATION FORM AND PAYMENT TO:

**CITY OF ROLLING HILLS ESTATES, ATTN: RECREATION,
4045 PALOS VERDES DRIVE NORTH, RHE CA 90274**

RELEASE OF LIABILITY - SIGNATURE REQUIRED FOR ALL PARTICIPANTS

I have elected to participate in the recreation activity stated above. In consideration for and as a condition of such participation, I agree to assume any and all risks arising out of or incident to such participation. I further agree to indemnify and hold harmless the City of Rolling Hills Estates, its instructors, agents, officers and employees from any and all claims, damages, losses, expenses or any person, arising out of or incident to my participation in this recreation activity from September 12, 2020 to October 12, 2020.

I hereby represent that I understand and am familiar with the nature of the activities in which I will participate in this recreation program, that I am in good physical health, and that I do not have physical or emotional conditions, past or present, of which I am aware, which would in any way affect my ability to participate in this activity.

Signature of Participant (18 years or older) Date Signature of Parent/Guardian if under 18 Date

IF PARTICIPANT IS UNDER AGE 18: This is to certify that my son/daughter has my permission to compete in The Hills Are Alive 10K/5K Run-5K Walk Virtual Event beginning September 12 to October 12, 2020 is in good physical condition, and that race officials have my permission to authorize emergency care.