

Tenth Annual Run For the Hills

5K Run/Walk

RUN for the
HILLS



**Bulverde/Spring Branch Chamber of Commerce
Bulverde Senior Center**

Date: May 2, 2009

Time: 08:00AM - 12:00PM

Pre-register until April 27, 2009

Entry fees:

- \$15.00 with Pre-Registration
- \$20.00 after April 27

Sanctioned by the USA Track and Field

**Co-hosted by
Bulverde Spring Branch
Area Chamber of Commerce
And
The Bulverde Senior Center**

**For more information call
830-438-3111 or 830-438-4285
Email: bsbacoc@gvtc.com
Register online at
www.rungearrun.com**

**South Texas Blood and Tissue
Center and WellMed Neuropathy vans
on site**

**Location: Bulverde Senior Center
30280 Cougar Bend
Bulverde, TX 78163**

1st overall Male and
Female win \$50

Award for top 3 male
and top 3 female in
each age group.

Traveling plaque
presented to school/
home school with most
participants.

Plaque presented to
business with most
participants.

T-Shirts to all
registered runners/
walkers.

**FREE HEALTH
SCREENINGS AT
HEALTH FAIR AND
EXPO!**

10th Annual
RUN FOR THE HILLS
5K Run/Walk & Health Fair



Presented by
**THE BULVERDE / SPRING BRANCH AREA
CHAMBER OF COMMERCE
&
THE BULVERDE SENIOR CENTER**

REGISTRATION WILL NOT BE ACCEPTED WITHOUT A SIGNATURE

Name _____

Street Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

Sex _____ Age on race day _____

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____

Youth T-Shirt Sizes S M L XL

T-Shirt S M L XL XXL

Checks Payable to: BSBACC - 5K
Mail form and entry fee to:
Run for the Hills - 5K Run/Walk
P.O. Box 450
Bulverde, TX 78163

For more information call 830-438-3111 or
Email at bsbacoc@gvtc.com
Fax 830-438-4133

Website:
www.bulverdeseniorcenter.com

Waiver: I know that this event is a potentially hazardous activity. I should not enter this event unless I am medically able and properly trained. I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue any person or organization or sponsor of participant for and all claims of liability for death, personal injury or property damage of any kind or nature whatsoever arising out or in the course of my participation of this event. This full and final release and waiver extends to all claims whatsoever, foreseen or unforeseen, known or unknown. Applicants under the age of 18 must have a parent/guardian sign this form. Entry fees are not refundable.

**May 1st Early Registration at p.d.w. Designs from 10AM to 8PM
2355 Bulverde Road, Bulverde, Texas 78163 (Behind Exxon)**