

# Virtual 5k Run Through The Hills

**Colonial Hills**

**Worthington, OH**

**Anytime between July 4 – July 18**

**[www.colonialhills.us](http://www.colonialhills.us)**

## **About the Race**

The Colonial Hills Civic Association invites you to participate in the 41st annual 5 kilometer “Run Through the Hills.” The race will be **virtually conducted by you yourself this year, any time between July 4 and July 18**, as explained in the Courier article, the website blogpost, and below in this form. As one of your options, you may wish to actually time yourself on July 4, running at a safe distance from anyone else, on our course weaving through the beautiful tree-lined streets of Colonial Hills!

## **Entry Fee**

\$15.00 – Mail in this entry form  
(this entry form received in USPS mail by 7/1/20)  
(otherwise, please just enter online, see below)

\* Proceeds benefit Colonial Hills Scholarship Fund

## **Registration Includes:**

Awards\*  
Commemorative T-Shirt

## **\*Awards**

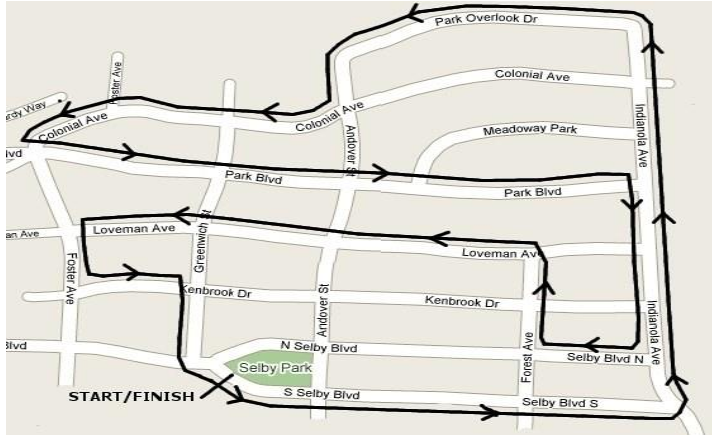
(Bragging Rights) awards will be presented to 1st male/female adult over-all, and 1st place male/female junior (19 and under) over-all. In addition, awards will be presented to the top three finishers both male and female in each of the following categories:

1. Age group 12 and under
2. Age group 13-19
3. Age group 20-29
4. Age group 30-39
5. Age group 40-49
6. Age group 50-59
7. Age group 60 and over

## Where and When

You can complete **your own 5K** anytime **between July 4 thru July 18**. *You have the option to walk or run the actual Colonial Hills course shown below (which starts and finishes at Selby Park, located on Selby Blvd between High Street and Indianola Avenue in Worthington).*

*Or you can be creative with it!* Hop on a treadmill and log the 3.1 miles, map out a 5K course through one of the parks or at your vacation home, run up and down the stairs in your house until you've reached 3500 steps (the average number of steps taken during a 5K), and fill up our Facebook page with your time and sweaty selfies. If you want to officially report your time, please see the link on the CHCA website!



### ***Complete and return entry form to:***

Colonial Hills Civic Association  
c/o "Run Through the Hills"  
P.O. Box 676  
Worthington, OH 43085

Please make checks payable to:  
Colonial Hills Civic Association

### **Or enter online:**

[www.colonialhills.us](http://www.colonialhills.us)

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## Colonial Hills Virtual 5K "Run Through the Hills," July 4 – July 18, 2020

Please Print:

Name: \_\_\_\_\_ Age on race day: \_\_\_\_\_ M/F: \_\_\_\_\_

Email or Phone # (needed to notify you for T-shirt date & time pickup): \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Shirt Size:  Youth Medium  Youth Large  Adult Small  Adult Medium  Adult Large  Adult Extra Large

Do you want your race results published? (be eligible for bragging rights if you "win" – default is No)  Yes  No

Release: In consideration for the acceptance of my entrance fee. I for myself, my executor, my administrators and assignees, do hereby release and discharge the Colonial Hills Civic Association, its officers, trustees, and volunteers, and other sponsors from all claims of damages, actions, whatsoever and in any manner arising or growing out of my participation in said athletic event. I attest and verify that I have full knowledge of the risk involved in this event and I am physically fit and sufficiently trained to participate in this event. (Parents signature required if under the age of 18)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_