

Support Area Organization's Runs & Walks



Columbia Kiwanis Daze 5k,



Aug. 20th ~ 8:30 A.M.

Hecker Kirchenfest Tiki Trot 5k,



Aug. 20th ~ 7:00 P.M.

Waterloo Optimist Club 5k,



Aug. 27th ~ 8:00 A.M.

Millstadt Parks & Recreation Biathlon,



Sept. 16th ~ 8:00 A.M.

Hills and Hollows Half Marathon~5k,



Sept. 24th ~ 8:00 A.M.

YMCA Ozark Trail 10k Run, Valmeyer, IL



Oct. 29th ~ 9:30 A.M.

Millstadt 5 & 10k Dare to Run for BackStoppers,



Nov. 5th ~ 9:00 A.M.

Find a PDF link on the <http://www.hillsandhollows.net/AreaRunningEvents.htm> or Contact Marvin Fisher 402.598.9178

Very Hot Summer Special ~ Save 20%

7th Annual Hills and Hollows Half Marathon, 5K Race, Walk, Wheelchair Event

Register & pay for 4 participants get a **5th Registration FREE!**

Forms at <http://hillsandhollows.net/entryform.pdf>

1. All 5 registrations must be for the same race category
 - a. Half Marathon
 - b. 5k Race
 - c. 5k Non Competitive Walk
 - d. Wheelchair
2. Include separate forms
3. Include all 5-entry forms in the same envelope
4. Mail to Hills and Hollows RRCA, PO Box 222, Valmeyer, IL 62295

