

**Fourth Annual Newton Hills Trail Run - 8 Mile Race**  
**Saturday, October 15<sup>th</sup>, 2005, 9:00 a.m.**  
**Newton Hills State Park, Canton, SD**

**Sponsored By:** **Sioux Falls Area Running Club, Newton Hills State Park, First Premier Bank and Premier Bank Card, Sunshine Foods of Canton, Scheels All Sport, Trail Runner Magazine, Road ID**

**Date:** Saturday, October 15th, 2005 **Race Start Time:** 9:00 a.m. **Distance:** 7.8 Miles

**Location:** Newton Hills State Park, 6 miles south of Canton, SD on County Road 135  
(from I-29 – Highway 18 east to Canton, south on County Road 135)

**Entry Fee:** \$20.00

**Note:** **There is a \$3.00 entry fee to get into the park for those not having a South Dakota State Park pass. This is Mandatory per State Park rules.**

**Awards:** Special award to the top male and female finisher. Also, the top 5 male and female finishers will receive special awards. First place age group awards will be given to divisions 19 and under, 20-29, 30-39, 40-49, 50-59, and 60 and Over. Plenty of refreshments will be available after the race.

**NEW for 2005! This trail race is part of the 2005 Trail Runner Magazine Trail Runner Trophy Series! To read more about this series, visit [www.trailrunnermag.com](http://www.trailrunnermag.com)**

**Course Records:** Male: Frank Bendewald 45:34 (2002) Female: Kristin Brown 59:36 (2003)

**Contact Information:** Scott Walschlager 605-335-7213 ( [marathnr@thepantheon.org](mailto:marathnr@thepantheon.org) )

Or [www.siouxfallsarearunningclub.org](http://www.siouxfallsarearunningclub.org)

**Course Description:** Late September is always a beautiful time in Newton Hills! Come experience a run to remember on the scenic trails of Newton Hills State Park. First mile and last half-mile are on paved road, the middle 6 miles are all on very soft hiking/biking trails within the park.

“beautiful scenery and great prizes for all age group winners, a fun low key race with great camaraderie!”  
– **L. Fligge**

“one of the most beautiful and rewarding trail runs I've ever done. As you wind through the hills, you are surrounded by the beautiful fall scenery of Newton Hills” – **M. Erger**

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Name: \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Zip \_\_\_\_\_  
Phone \_\_\_\_\_ E-mail \_\_\_\_\_  
Age on Race Day \_\_\_\_\_ Birth Date \_\_\_\_\_  
Gender M \_\_\_\_\_ F \_\_\_\_\_  
T-shirt size (circle one) M      L      XL      XXL (add \$2.00)  
2005 Member of the Sioux Falls Running Club      Yes \_\_\_\_\_ No \_\_\_\_\_  
\_\_\_\_ I would like to join SFARC for 2006. Annual membership is \$15.00. Please add to entry fee.  
Signature \_\_\_\_\_ Date \_\_\_\_\_  
Parent's Signature (if under 18) \_\_\_\_\_ Date \_\_\_\_\_

Race Release: I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims I may have against Sioux Falls Area Running Club, Newton Hills State Park, or any sponsor of this race or their responsive agents, employees, or volunteers and any facility used for this race for any and all injuries which may be suffered by me as a result of participating in this race.

**Mail to: Sioux Falls Area Running Club, P.O. Box 727, Sioux Falls, SD 57101-0727**