

8th Annual Newton Hills Trail Run – 6.2 and 2 mile trail races
Saturday, October 10th, 2009, 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, and Road ID

Date: Saturday, October 10th, 2009 **Race Start Time:** 9:00 a.m. **Distance:** 6.2 and 2 miles
The Newton Hills trail races will be on the trail ONLY. The start/finish area will be across the suspension bridge where the aid station has always been.

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 by October 6th, 2009 **SFARC members \$17.00, \$25 after 10/06/09 for all runners**

Note: **There is a \$4.00 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 3 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. Awards to the top 2 finishers male and female in the 2 mile trail run as well! Plenty of refreshments will be available after the race.

Course Records: (new course) Male: Matt Althoff 38:00 (08) Female: Christine Heitzler 47:38 (07)

Contact Information: Scott Walschlager 605-335-7213 (marathnr@thepantheon.org)
or www.siouxfallsarearunningclub.org

Course Description: mid October is always a beautiful time in Newton Hills! Come experience a run to remember on the scenic trails of Newton Hills State Park. Both races are all on very soft hiking/biking trails within the park.

Note: in the event of too much rain (like 2005), the race will consist of 3 loops around the road inside the park (which would make the run approximately 5 ½ miles)

Name: _____
Address _____
City _____ State _____
Zip _____
Phone _____ E-mail _____
Age on Race Day _____ Birth Date _____
Gender M _____ F _____
T-shirt size S _____ M _____ L _____ XL _____ XXL _____
(shirts are short-sleeved technical running shirts again this year)
Which race will you run? 6.2 miler _____ 2 miler _____

2009 Member of the Sioux Falls Running Club Yes _____ No _____
____ I would like to join SFARC for 2010. 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