

**15th Annual Newton Hills Trail Run – 6.1 & 2 mile trail races**  
**Saturday, October 8th, 2016, 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, Powerade, and Road ID

- Date:** Saturday, October 8th, 2016 **Race Start Time:** 9:00 a.m. **Distance:** 6.1 and 2 miles  
**The Newton Hills trail races will be on the trail ONLY. The start/finish area is across the 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:** \$25.00 by October 1st, 2016 **SFARC members \$22.00, \$30 after 10/01/2016 for all runners**
- Note:** **There is a \$4.00 entry fee to get into the park (\$6 per carload) 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! Refreshments will be available after the race.

**Course Records: (new course)** Male: Brent Haglund 37:59 (2011) Female: Eva Gillham 47:00 (2014)

**Contact Information:** Scott Walschlager 605-951-2549 ( marathnr@hotmail.com )  
or [www.runsiouxfalls.org](http://www.runsiouxfalls.org)

**Course Description:** 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 trails within the park. There are hills on this course also, so be forewarned!

**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)**

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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 \_\_\_\_\_  
(all runners receive technical running shirts again this year)  
**(NOTE: If you do not preregister you will not be guaranteed a race shirt on race day!)**  
**Which race will you run? 6.1 miler \_\_\_\_\_ 2 miler \_\_\_\_\_**

2016 Member of the Sioux Falls Running Club Yes \_\_\_\_\_ No \_\_\_\_\_  
\_\_\_\_ I would like to join SFARC for 2017. 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**