



**Village of Lake in the Hills
Press Release**

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FOR IMMEDIATE RELEASE

Date: March 10, 2022
Department: Administration
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Run Thru the Hills Returns to Lake in the Hills

Lake in the Hills, IL – The Village of Lake in the Hills Recreation Division will host the Run Thru the Hills (RRTH) 5K Run/Walk, 1-Mile Dog Walk, and Kid's 100-yard Dash on April 10, 2022 at 10:00 a.m. The race will start in the Children's Medical Building parking lot located at 301 N. Randall Road.

“We are excited to see the return of a classic Lake in the Hills event,” said Recreation Superintendent Kim Buscemi. “Participants will take in beautiful views, meet fellow community members, and help us kick off springtime recreation in the Village.”

The race will take participants through one of the McHenry County Scenic Roads, challenging hills surrounded by beautiful forested neighborhoods, views of the lakes, and iconic parks like Turtle Island Park and Indian Trail Beach.

After the race, participants will enjoy the post-race party area where they can find refreshments and socialize with other community members. The Recreation Division will also host a [“Come Play with Us”](#) event for families during Run Thru the Hills between 11:00 a.m. to 12:00 p.m.

“This year marks the 70th anniversary of the incorporation of the Village of Lake in the Hills,” said Buscemi. “Run Thru the Hills is one of the many events our division will bring to the community as we celebrate this exciting moment in Lake in the Hills.”

The cutoff date for online registration is Saturday, April 9, 2022 at 5:00 p.m. or when race registration has reached a total of 400 5K Run/Walk entries, 30 Kid's Dash entries, or 30 1-Mile Dog Walk entries.

Participants may [register online](#) through raceroster.com. All participants under the age of 18 years must have a parent register them. Those who register by April 1 will enjoy discounted rates.

The Recreation Division is also seeking Run Thru the Hills event volunteers. Those interested in volunteering may sign up on the Village's [registration page](#).

The Lake in the Hills Recreation Division is a trusted resource for recreational opportunities, facilities, parks, and open spaces for safe, affordable fun throughout the Village of Lake in the Hills. Community members are encouraged to browse the Spring 2022 Program and Event Guide at [recreation.lith.org](#).

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