



2021 RACES & WALKS

Around the Black Hills

DATE

May 22 May 31 May 30

June 5 June 5 June 6

June 19 June 25 July 4 July 4

July 10 July 31 August 8

August 14 August 21

August 21 August 21

September 1 September 4 September 17

September 17 September 18 September 26

September 26 October 2

October 3 October 9 October 31

November 6
November 25

MME

Breakers Beach Run 5k & 13k Stars, Stripes & Steps

Big Hill 5k & 8 Mile Crazy Horse Volksmarch

Mickelson Trail Fast 5k Mickelson Trail Marathon

Mountain Fest Black Hills 100

Belle Fourche Rodeo Run

Firecracker 5k

Spearfish Canyon Half Marathon

Haven Half

Legendary Sturgis 5k Lean Horse 100 Hell Canyon - 5 Mile Leading Ladies Marathon

Summit 5K

Bearlodge Trail Run

7th Cavalry

Black Hills Beer Fun Run Black Hills Veterans March

Old Baldy

Crazy Horse Volksmarch
Crazy Horse Fast 5k and 1k

Crazy Horse Marathon South Dakota Trail Championship

Sock Hop

er 6 Spearfish Canyon 15k

Turkey Trot

LOCATION

Angostura Reservoir Hot Springs Spearfish, SD

Crazy Horse Memorial Deadwood, SD

Deadwood, SD M-Hill

Sturgis City Park Belle Fourche Lead, SD

Spearfish Park Hisega, SD

Fort Meade Softball Fields

Custer, SD Custer, SD

Spearfish Park

Terry Peak Summit Rd Sundance, WY

Sturgis, SD Spearfish

Rochford, SD Northern Black Hills

Crazy Horse Memorial Tracy Hall Park, Hill City Crazy Horse Memorial

Flume Trail Rapid City Spearfish

Rapid City

(Distance in miles unless otherwise specified)

DISTANCE

5k•13k

5k 5k•8

10k 1k∙5k

13.1 • 26.2

10k

30k • 50k • 50 • 100

5k•10k 5k

5k•13.1

13.1 • 26.2

20k•30k•50k•100

5k

13.1 • 26.2 5k

5k•25k

4k•8k

5k + 26.2

7.75 ·

1k•5k

13.1 • 26.2 10k • 16k

5k 15k



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GARDENING TIPS & TRICKS

Help Seedlings Grow

Seedlings are vulnerable to damage that could destroy them before they get the chance to grow. Cut soda bottles in half and place them over your seedlings until they become too big to fit underneath. Always remove the soda cap before placing over the plants to avoid suffocation.



Vegetables are susceptible to different diseases. Many of these disease-causing organisms stay underground during the winter, multiplying, and then attack your newly planted crop. To avoid this, rotate your planting position each year. If you planted cucumbers in the first row on the right last time, plant them on the first row on the left this year.

Natural Pest Repellent

Bugs can destroy the healthiest plants in you're garden. If you are against pesticide sprays, there are many natural spray repellents you can make with ingredients most people have in their kitchen cabinets. A 2-to-1 ratio of garlic and water, sprayed liberally on and around your plants, will keep most pests away. Be sure to apply frequently and reapply after prolonged periods of rain.

Damage From Animals

Deer wreak the most havoc. While dogs can help keep them away, it's not enough to save your garden. The next time you get your hair cut, use the clippings and spread them across your garden. The human scent acts as a natural deterrent to drive the deer away.



birds cannot penetrate through and will

search elsewhere for their food.

Fertilizing & Nutrients

Before planting your seeds, place one raw egg into the soil where you plan to put your seedling. The raw egg will coat the seed, creating a protective barrier and acting as a natural fertilizer. You can also cut up banana peels and spread them around your garden.



Banana peels contain vital nutrients your plants need to thrive like potassium, sodium, sulfur, magnesium, and phosphate. As the peels decompose, the nutrients get absorbed into the soil and travel up the roots to the plant.

\$1.50 Off Each Admission Before 6pm

(Up To 4 Players. Must Present Coupon. No Cash Value.)



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Exp: 8/31/2021 www.zmariks.com

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Exp: 08/31/2021 wearitagainsam.com 402 E Fairmont Blvd • Rapid City (605) 342-8283

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Exp: 10/31/21 grantboltroofing.com

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www.papajohns.com

1520 Haines Ave ◆ Rapid City (605) 348-7272

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(605) 388-9999

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(Offer cannot be combined, 1 per household.)



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Exp: 8/31/2021 marcos.com

See locations on the back side.

\$3.75 Off 2 Lunch Combos & 2 Drinks Or \$4 Off 2 Dinner Combos & 2 Drinks

(Limit 1 Per Table, No Cash Value)

Exp: 8/31/2021 guadalajaraspearfish.com 83 W Hwy 14 • Spearfish (605) 642-4765

\$10 OFF Any Oil Change

No Cash Value. Coupon Code: 0521



Exp: 8/31/2021 PointSTire.com/rapidcity 1700 Camden Dr • Rapid City 605-716-6600

2 Weeks For \$20!!

(No Cash Value)



SÕL YOGA $C \cap I \mid F \cap T \mid V F$

Exp: 08/31/2021 www.solyogacollective.com (605) 939-0765 412 Oshkosh St. Ste 3

\$500 Off Full Roofing or Siding Project

(No Cash Value. Limit one per customer. Cannot be used with any other offer.)



Exp: 08/31/21 www.allterrainexteriors.com

Rapid City • (605) 389-3191

\$8 Alpine Burger & Steak Fries

(No Cash Value.)



Exp: 08/31/21 flvtdeadwood.com (605) 571-1263 372 Main St • Deadwood

BH

Buy 1 Bippity Boppity Bounce Ticket Get 1 Free

(Ages 3-11 Only, One Coupon Per Family, No Cash Value.)



Exp: 09/06/21 storybookisland.org

1301 Sheridan Lake Rd. • Rapid City (605) 342-6357

Buy 1 Ice Cream Treat Get 1 For Half Off



Exp: 09/06/21 storybookisland.org 1301 Sheridan Lake Rd. • Rapid City (605) 342-6357



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Exp: 09/30/22

www.blackhillsrectherapy.com

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Exp: 6/15/2021 blackhillsblend.com

New Location - 6131 Mt. Rushmore Rd. (605) 791-0422

50% OFF Sunday-Thursday* or 25% OFF 6 Hours or More

*Minimum 3 hour booking



Exp: 07/31/21 www.hesslimos.com

605-641-3838

ВН

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Exp: 7/31/2021 **dentspluspdr.com** 675 Creek Dr. • Rapid City (605) 381-9719

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Exp: 08/31/21

allamericansidingandwindows.com
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Exp: 08/31/2021 tropicalsmoothiecafe.com

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Rapid City

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tropical CAFE

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Exp: 08/31/2021 tropicalsmoothiecafe.com 1612 Edlin St • 1301 W Omaha St

Rapid City



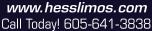
Come see us at 6131 Mt. Rushmore Rd.

BLACK HILLS

















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Exp: 08/31/21 23645 Clubhouse Drive • Rapid City 605-399-4336

Buy One Lunch Special Get One Free! Dine-In Or Carry-Out Only

(Value \$8,99)



Exp: 09/15/21 **thebeaneryrc.com** 909 St. Joseph St. Ste. 100 (605) 791-0314

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of the Black Hills — [4]
Exp: 08/31/21

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HILL CITY

Prairie Berry Winery • 23837 US-385 www.BlackHillsFarmersMarket.org manager@blackhillsfarmersmarket.org

Tuesdays June-Sept

Enjoy a variety of seasonal vegetables, local meats, eggs, and baked goods at Prairie Berry Winery parking lot on Hwy 16.

SPEARFISH

Brady Park • 111 E Illinois St www.facebook.com/spearfishfarmersmarket spearfishfarmersmarket@gmail.com

Saturdays June-Oct

Fresh, locally grown produce and artisan crafts every Saturday morning in Brady Park.

RELLE FOURCHE

Rsvlt Events Center • 1010 State St www.facebook.com/farmersmarketbf events@bellefourchechamber.org

Thursdays June-October

Fresh, locally produced goods from the incredibly talented independent farmers, bakers, and crafters in our area.

DEADWOOD

Corner of Siever St & Deadwood St 57732 www.facebook.com/DeadwoodFarmers

See Our Facebook Page For Info

Farmers will be selling their farm fresh vegetables, honey, teas, eggs & meat.



Deadwood

June 11-12	Deadwood PBR
July 9 - 14	3-Wheeler Motorcycle Rally
July 27-31	Days of '76 Rodeo
Aug 25-29	Kool Deadwood Nites
Sept 17	Deadwood Jam
Weekly Events	Wednesday Nights Concerts

Rapid City

June 19-20	West Boulevard Summer Festival
July 17-18	Hills Alive
July 24-25	Rapid City Gem & Mineral Show
Aug 20 - 29	Central States Fair & Rodeo
Aug 29	Rushmore Outlaw Showdown
Weekly Events .	Thursdays Summer Nights

Spearfish

July 14-17	Black Hills Corvette Classic
July 16-18	Spearfish Festival In the Park
Aug 21	Hot Rods for Hatcheries
Weekly Events	Fridays Summer Concerts

Sturgis

Jun 25- 27	Black Hills Bluegrass Festival	
Aug 6-15	Sturgis Motorcycle Rally	
Aug 31- Sept 5	Mustang Rally	
Weekly EventsWednesday Summer Concerts		

Runs & Races On Inside Front

FUN THINGS TO DO WITH KIDS

Play

Play Charades

Play I Spy

Play Kick Ball

Play Soccer

Play Basketball

Play A Card Game

Play A Board Game

Play Dominoes

Play With Water Beads

Play With A Sprinkler

Write

Write A Thank You Note
Write Your Plans For The Week

Write A Movie Review

Write Your Own Word Search

Write A Secret Code

Write A Letter To An Author

Write A Poem

Write A Postcard and Send It

Write In A Journal

Write a List For The Store

Write Your Own Recipe

Create

Create With Play Dough

Create A Puppet Show

Create A Family Time Capsule

Create A Collection Of Jokes

Create A Family Tree

Create A New Superhero

Create A Music Video

Create A New Superhero

Creare Your Own T-Shirt

Create A Movie

Create Your Own Game

Create An Art Show

Create A Treasure Hunt & Map

Create Marble Maze

Create A Straw Rocket

Create An Obstacle Course

Create Sock Puppets

Create A New Dance Move

Learn

Learn To Use The Washing Machine

Learn A Yoga Pose

Learn A New Song

Learn A Science Experiment

Learn To Repair Something

Learn About The Galaxy & Stars

Learn Origami

Learn Something New

Build

Build A Card Tower

Build A Derby Car

Build A Birdhouse

Build A Town With Legos

Build A Bird Feeder

Build A Bug Hotel

Build Paper Airplanes

Draw

Draw A Self Portrait

Draw With Chalk

Draw A Plan Of Your Bedroom

Draw A New Cover For A Book

Draw A Comic Book Cover

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Read

Read A Fiction Book

Read To A Sibling

Read 20 Minutes Without Stopping

Read A Non-Fiction Book

Read To An Animal

Read With A Flashlight

Read Along To An Audio Story

60

Go To The Farmer's Market

Go For A Bus Ride

Go On A Hike

Go For A Bike Ride

Go To A Garage Sale

Go Rock Hunting

Visit

Visit Elderly Relative

Visit Art Gallery

Visit Museum

Visit The Library

Visit Humane Society

Visit A Park

Visit A Fish Hatchery

Make & Bake

Make Cookies

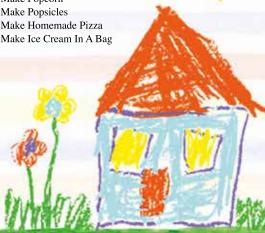
Make Smores

Make A Cake

Make Slime

Make Dinner For Your Parents

Make Popcorn



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- Insurance Claims
- Hail Damage
- Clean Up/Haul Away
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