



February 20, 2010 - 8:00 A.M.
 Address: 1000 City Center Cir
 Port Orange, FL 32129
www.healthyheartrunwalk.com

Race Scoring

All runners who participate and wish to be included in the official results must wear a Championship provided by event.

Parking

401 City Center Pkwy, Port Orange, FL 32129
 Parking also at Library & YMCA

Entry Fee

5k	
Entry (12/01/10 - 01/10/10)	\$20.00
Entry (01/11/10 - 02/18/10)	\$22.00
Entry Race Day	\$27.00
10k	
Entry (12/01/10 - 01/10/10)	\$22.00
Entry (01/11/10 - 02/18/10)	\$25.00
Entry Race Day	\$32.00
1 mile	
Entry (01/11/10 - 02/18/10)	\$12.00
Entry Race Day	\$15.00



1 mile
 5k
 10k

Shirt Size S M L XL XXL

Event

Join Healthy Heart run/walk in its 7th year as we run/walk to bring awareness about Heart Disease. Choose from 3 events this year. 1 mile, 5k, or 10k.

Packet Pick-up

Friday at the YMCA 11:00-6:00. Also at race site on race day from 6:30 a.m. to 7:55 .a.m.

T-shirts

All registrants will receive a T-shirt. Sizes are not guaranteed on race day registration.

Awards

Top overall male and female and top 3 male and female age groups will receive awards.

Course

These courses run through the beautiful Port Orange City Center around the lake and through the local neighborhoods. One large loop on the road for the 5k, 2 loops for the 10k, and one loop for the mile. Just check out the maps and pictures for all three races on the website. You will enjoy the cool temperature under the tree covered areas along city center circle loop.

Name (First)	Last	EMAIL (must provide)	<input type="checkbox"/> FEMALE <input type="checkbox"/> MALE
Address	Apt:#/Suite		
City	State	Zip or Post	
Emergency Phone(Day)	(Phone)	Make Checks Payable To: 5k Race Director 140 1/2 S Brooks Ave Deland, FL 32720	
Date of Birth	Age on race Day		

INCOMPLETE OR UNSIGNED ENTRY FORMS WILL NOT BE ACCEPTED. In consideration of my entry being accepted, I intend to be legally bound, and do hereby, for myself, my heirs, executors, waive and release all rights and claims for damages which may have or which may hereinafter accrue to me against Skracedirector, Flaco Sports, Alta Vista Sports, City of Port Orange, Volunteers, and the sponsors of the event which I am entering, any subsidiary or political division thereof, of their respective officers, agents, directors, representatives, successors, assigns, and sponsors for any and all damages or injuries which may be sustained and suffered by me in connection with my association with entry or participation in the Healthy Heart 1 mile, 5k, 10k as is mentioned above. IF I should suffer injury or illness I authorize officials of the race to use their discretion to have me transported to a medical facility, and I take full responsibility for these actions. I attest and certify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose. Bicycles, baby strollers/joggers, dogs, inline/roller skates, headphones are prohibited. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

Signature of Athlete _____ Parent/Guardian Signature if athlete is under 18 _____ Date _____

WWW.HEALTHYHEARTRUNWALK.COM