

MAIL TO: HEART OF IOWA CHAPTER, % TERI DEAN, 435 SCHAFER BLVD, PLEASANT HILL, IOWA



In conjunction with the Pleasant Hill Chamber of Commerce Summerfest

**Chip Timing by Trekman Racing  
New Route – T/B/A June 12, 2009 at**

[www.heartofiowa.org](http://www.heartofiowa.org)

**Events /Times/Cost**

<b>7:00 a.m. – 7:55 a.m</b>	<b>Registration/Packet Pick-up</b>
<b>7:30 a.m. – 9:00 a.m.</b>	<b>Kids Activities</b>
<b>7:55 a.m.</b>	<b>Warm ups (Walkers)</b>
<b>8:00 a.m.</b>	<b>2K Youth Run, 5K, 10K</b>
<b>8:10 a.m.</b>	<b>2K Walk</b>
<b>9:00 a.m.</b>	<b>Youth Trot (8 &amp; Under)</b>
<b>9:15 a.m.</b>	<b>Awards Ceremony</b>

**BY 7/3                      AFTER 7/3**

<b>Youth 2K</b>	<b>\$15.00</b>	<b>\$15.00</b>
<b>Walk/5K/10K</b>	<b>\$20.00</b>	<b>\$25.00</b>
<b>Youth Trot</b>	<b>\$ 7.00</b>	<b>\$ 7.00</b>
<b>Family-5 max</b>	<b>\$75.00</b>	<b>N/A</b>

**Awards**

**Youth Trot – 8 years and under-Ribbon to all**  
**2K Youth Run – For youth 12 years and younger. Top three places awarded.**  
**5K-10K – Top three places for men and women in following age categories:**  
**14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64,65-69, 70+**

HAVE HEART FOR MARFAN WALK/FUN RUN ENTRY FORM. ONE FORM PER PERSON. PHOTOCOPY IF NEEDED.

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_ ZIP \_\_\_\_\_ E-MAIL \_\_\_\_\_

AGE AS OF 7/18/2009 \_\_\_\_\_ NAME OF EVENT PARTICIPATING IN \_\_\_\_\_ SHIRT SIZE (YM-3X) \_\_\_\_\_  
(\$3.00 XTRA – 2X - 3X)

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

I acknowledge that the "Have Heart for Marfan Walk/Fun Run" event is voluntary and I am voluntarily participating. I hereby, for myself, my heirs, executors and administrators, waive any and all rights and claims for damages I may or hereafter have against Heart of Iowa Chapter-NMF; City of Pleasant Hill; Copper Creek Plaza; Valley Bank; sponsors and officials associated with the event/Fun Run; their successors and or assigns for any injuries incurred by me or my minor child in said event. The applicant also hereby attests that he/she has the preparation and physical condition to run/walk this race. I also hereby authorize any medical treatment deemed advisable by any licensed physician or emergency medical services personnel while participating in this event.