

THE MISSION

The mission of the American Heart Association is building healthier lives, free of cardiovascular diseases and stroke.

To learn more about the American Heart Association visit: www.heart.org

FUNDRAISING

Each team member will be provided with the necessary tools to reach his or her goal, including a personalized fundraising webpage. In addition, AHA staff will support your fundraising experience by offering guidance, advice, and expertise throughout the program.

- ♥ Fundraise \$100—receive a long sleeve running shirt
- ♥ Fundraise \$500—receive a hooded sweatshirt

AWARDS & PRIZES

- ♥ Top Male and Female Finishers Overall
- ♥ Top Male and Female Survivors
- ♥ Top Team and Individual Fundraisers
(The above awards all receive Modell's Gift cards)
- ♥ Top Male & Female finishers in the following age categories: 9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and 80 Plus.

Sponsored by:



Healing Heart 5K

For more information about the Healing Heart 5K or to register, contact Anjanette at 516-962-0806 or Anjanette.Schildhorn@heart.org

Mail your registration to:

American Heart Association
Attn: Anjanette Schildhorn
125 East Bethpage Road, Suite 100
Plainview, NY 11803



@AHANewYork



HeartLongIsland

9th ANNUAL



October 1, 2017

Indian Island Park, Riverhead, NY

www.HealingHeart5K.Org

#LIHEART5K



THE PROGRAM

The Healing Heart 5K is a unique walking/running experience and fundraising program to support the American Heart Association. The funds raised from the 5K will fund life saving research, medical and consumer education, and public advocacy.

WHY RUN/WALK?

- ♥ Heart disease and stroke are our nation's leading killers and disablers
- ♥ One in three Americans have some form of cardiovascular disease
- ♥ This year, an estimated 785,000 Americans will have a new heart attack; 470,000 Americans will have a recurrent attack
- ♥ This year, more than 813,000 Americans will die from cardiovascular disease

Do you know someone who suffered a heart attack or stroke? Dedicate your experience to them and complete the 5K in their honor or memory!



SCHEDULE

- ♥ 8:00 am —9:45 a.m. Day of Event Registration
- ♥ 8:00 am —12:00 p.m. Health Expo
- ♥ 10:00 am —1/2 Mile Fun Run for ages 10 and under
- ♥ 10:00 am—Race Begins—3.1 miles
- ♥ 11:30 am —Awards Celebration

THE BENEFITS

- ♥ Fun, camaraderie, and heart-healthy exercise
- ♥ Healing Heart 5K t-shirt
- ♥ Personalized fundraising web site, materials, and staff support
- ♥ 5K awards and ribbon Ceremony
- ♥ Healing Heart Fun Run
- ♥ Health Expo
- ♥ Whether you walk, jog or run, the 5K will be an unforgettable way to experience the beautiful scenery of the Indian Island Park of Riverhead.

SIGN UP TODAY!

Fill out form below and mail to address on back of brochure or register online at.

www.HealingHeart5K.org

Pre-Event Registration:

***All fields must be completed**

Adults—\$30 pre-registration / \$35 day of event

Under 16—\$20 pre-registration / \$25 day of event

Male / Female (please circle)

T-Shirt Size (please circle) S M L XL XXL

Age day of race: _____ D.O.B. ___/___/___

First _____

Last _____

Company _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

Payment (please circle) Cash Check Credit Card
(checks payable to The American Heart Association)

Payment total: \$ _____

Card Type: Visa MasterCard AMEX Discover

Card # _____

Expiration _____ CVV _____

Name on Card _____

Signature _____

