



Run for Heart 5K Run/Walk

Join us in fighting heart disease on the Eastern Shore
through programs at Riverside Shore Memorial Hospital

Saturday, September 10, 2011 at the Onancock School

Walk starts at 8:00 a.m.
Run starts at 8:15 a.m.
Race day registration begins at 7:15 a.m.

Registration Fee:
Pre-register for \$25 before Sept. 8
\$35 on race day
\$10 each for school teams of 5 or more
Fundraising pledges are also encouraged

Event is rain or shine

- ◇ The course starts and finishes at Onancock School on College St. The course is fast and flat through the historic town. There will be a water stop and post-race food and beverages.
- ◇ Free tee shirts to first 100 registrants ages 13 and older.
- ◇ Trophies for first place runners in each age group by decades, and to overall male and female walkers; *also for top fundraiser.*
- ◇ Kids under 12 participate for free; must be accompanied by an adult.
- ◇ Return completed form to: Run for Heart / Betty Hrubes, RSMH, PO Box 17, Nassawadox VA 23413, phone 414-0178.

Name _____

Address _____

City/St/Zip _____

Phone _____

Email _____

I am participating in: Run Fun Walk

Gender: Male Female

T-shirt size: M L XL

Age on race day: 12 & under 13-19 20-29
30-39 40-49 50-59 60+

I can not attend but would like to make a donation of \$_____.

Fees and donations payable to Riverside Shore Memorial Hospital. Mail to:

Run for Heart / Betty Hrubes
RSMH, PO Box 17
Nassawadox VA 23413

Waiver (must be signed): I know that participating in a road race is a potentially hazardous activity. I should not enter and run or walk unless I am medically able and properly trained. I assume all risks associated with running or walking in this event including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Shore Memorial Hospital, the Town of Onancock, Harbor Fest Inc., the race director, volunteers, sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I will permit the use of my name and pictures in broadcasts, newspapers, brochures or other publications, etc. **I understand that the entry fee is nonrefundable.** Participants under 18, have a parent or guardian sign below.

Signature of participant
or parent/guardian if under 18 years old

Date

For more information: 757-414-0178, jward@shs-inc.org