

Healthy Hearts

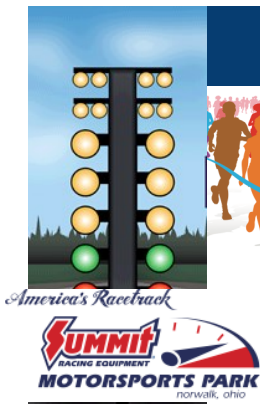
5K Run/Walk • Miracle Mile • Kids Fun Run

Summit Motorsports Park

1300 State Route 18 | Norwalk

SATURDAY, SEPT. 8 8:30 AM

7:30 am Registration/Check-in



95.3 wlkr

The Fisher-Titus Healthy Hearts event features a 5K Run/Walk, non-competitive Heart 1-Miler, and a Kids Fun Run. The event raises awareness and funds to improve the cardiovascular health of our community through heart and stroke education and prevention. The fund also supports hospital programs for heart and stroke patients. **All funds stay local and serve our own community.**

- 5K RUN/WALK REGISTRATION** \$20 Pre-registration (by August 30) includes event t-shirt
\$25 After August 30 & Race Day / t-shirts not guaranteed
- CHECK-IN** Check-in begins at 7:30 am under the grandstands. Parking available inside the park.
- COURSE** The Course begins beside the track and finishes under the grandstands.
- 5K AWARDS (MEDALS)** Male/Female Top Finishers Overall; 1st & 2nd Place Male & Female in age categories: 11 & Under; 12-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 & over; Top 5 Walkers Overall
- MIRACLE MILE** The non-competitive Miracle Mile participants include survivors, families, friends and supporters. There is no fee to walk the Miracle Mile. Fundraising teams can be formed in this category. Participants must raise at least \$20 and register by August 30 to receive a t-shirt.
- KIDS FUN RUN** Fun Run is FREE. Race starts after 5K. All kids receive Finisher Award. Pre-registration not required.
- QUESTIONS** Call Niki Cross at 419-663-6775, ext. 1026 or e-mail ncross@norwalkoh.com

DISPLAYS . . . ACTIVITIES . . . DOOR PRIZES . . . REFRESHMENTS . . . ICE CREAM . . . AND MORE!

⇒ **Register using the form below or online at fishertitus.org/healthy-hearts**

Event: 5K Run (\$20/\$25) 5K Walk (\$20/\$25) Miracle Mile Non-Competitive Walk
 I would like to make a donation of \$_____ to the Fisher-Titus Foundation/Heart Fund
 Total Amount Enclosed: _____ payable to Fisher-Titus Foundation/Heart Fund

Mail to: Fisher-Titus Medical Center, Marketing/PR, 272 Benedict Ave., Norwalk, OH 44857

Name _____ Age _____ Female Male

Shirt Size: S M L XL 2XL 3XL E-mail address _____

Address _____ City _____ State _____ Zip _____

I agree that I will not hold Fisher-Titus Medical Center, The Norwalk Parks & Recreation Department and City of Norwalk, Summit Motorsports or any other organizing parties or sponsors liable for any injuries incurred during the Fisher-Titus Race & Walk for Healthy Hearts. I assume all responsibility as a result of being permitted to participate in this event.

Signature _____ Date _____

(parent/legal guardian if under the age of 18)