

ALL PARTICIPANTS OF THE 5K RACE, REGARDLESS OF AGE, MUST BE REGISTERED. NO ACCESS WITHOUT RACE # BIB. (Bib number will be assigned upon receipt of registration fee)

**I AM ENTERING:**

\_\_\_\_\_ 5K Race  
\_\_\_\_\_ I wished to be recognized as a Heart Survivor by the AHA and receive a complimentary Red Cap.  
\_\_\_\_\_ I am walking in the Start! Heart Walk and need more information on how to raise needed funds for research and education to fight our nation's #1 killer.

**5K RACE ENTRY FEES**

Participation in Start! Heart Walk is **FREE**.

Start! Heart Walk Team Participants \$18 \_\_\_\_\_  
Team Name: \_\_\_\_\_  
Pre-Registration \$25 \_\_\_\_\_  
Race Day Registration \$30 \_\_\_\_\_  
I would like to make an additional donation (tax deductible) \$ \_\_\_\_\_  
Total Enclosed \$ \_\_\_\_\_

**Notes:** There is no fee for the Start! Heart Walk. Each participant is encouraged to raise \$100.00 or more for a walk t-shirt. First 50 pre-registrants for 5K Race will receive free LS t-shirt. For more information, call the AHA at 457-0090 or visit [www.heartwalk.kintera.org/amarillotx](http://www.heartwalk.kintera.org/amarillotx).

Teams \_\_\_\_\_ Bib # \_\_\_\_\_  
Team Name \_\_\_\_\_  
Team Captain \_\_\_\_\_  
Captain Phone \_\_\_\_\_



**EVERY 30 SECONDS,  
SOMEONE DIES OF A HEART  
ATTACK!**

Cardiovascular diseases are America's No. 1 killer and a leading cause of disability. One of every 2.5 women over the age of 25 will die of heart disease. Millions of Americans of all ages and races have risk factors that increase the odds that they will one day suffer a heart attack, stroke or develop another cardiovascular disease. The good news is, there's a lot you can do to lower your risk.

**WHAT IS CARDIOVASCULAR  
DISEASE?**

Cardiovascular Disease (CVD) refers to a group of diseases including heart disease, stroke and congestive heart failure. Heart attack and stroke are caused in part by narrowed or blocked arteries resulting in decreased blood supply to the heart and brain. Several changeable and non-changeable factors increase the risk of heart disease and stroke. Non changeable factors include increasing age, heredity and sex.

**SIGNS THAT CAN MEAN A  
HEART ATTACK**

- ◆ Chest discomfort
- ◆ Discomfort in other areas of upper back, one or both arms, or neck
- ◆ Shortness of breath
- ◆ Other signs – cold sweat, nausea or lightheadedness

Individuals will gain about 2 hours of life expectancy for each hour of regular exercise, even if they don't start until middle age.



**HEART WALK<sup>®</sup>  
and  
5K RACE**



Register online at <http://heartwalk.kintera.org/amarillotx> or call 457-0090 for more information

**2009 Amarillo Heart Walk**

*presented by*  
**Amarillo Cardiovascular Center**

*additionally sponsored by*  
**Cardiology Center of Amarillo**  
BlueCross BlueShield  
B&W Pantex  
IMS

\*Sponsors as of 8-7-09

### Walk/Race Day Schedule

- 7:00am** 5K Race Registration Opens  
**8:00am** 5K Race  
**9:00am** Walk Registration Begins &  
5K Awards Ceremony  
**9:30am** Survivor Red Hat Group Photo  
**9:45am** Warm up and announcements  
**10:00am** 1 or 3 Mile Start! Heart Walk  
**11:00am** Walk Awards Ceremony

### Teaming Up for Life

The 5K Race is an extracurricular event for the Start! Heart Walk. The Start! Heart Walk is a celebration of teams who have fundraised against heart disease, our Nation's #1 Killer. We are combining opportunities for runners to participate in this worthwhile activity.

**An individual who is part of a Start! Heart Walk team will enjoy a discounted rate of \$18 for participating in the 5K Race!**

### Awards & Giveaways

- Awards are given in the following categories:
- Overall top male and female 5K finishers
  - Top 3 male and female 5K finishers in the following age groups:  
10 yrs & under, 11—14 yrs, 15—19 yrs  
20—29 yrs, 30—39 yrs, 40—49 yrs  
50—59 yrs, 60—69 yrs, 70 yrs and up
  - Top fundraising Walk Team
  - Largest Walk Team
  - Most Spirited Walk Team
  - Most Creative T-shirt
  - Top Individual Fundraiser

### Red Hat Survivor

Sure, heart disease is the #1 Killer in the USA, but there are millions of people who survive and live with heart disease every day. The AHA wants to honor everyone who is a Heart Survivor with a RED CAP on the day of the race. All Red Cap Survivors will gather by the Start banner for a picture at 9:30 am.

### WALK WITH A FRIEND OR START YOUR OWN TEAM

Organizing a team takes an effort, but it's fun and satisfying. Seeing your friends and family raising funds and joining other teams in the Heart Walk brings a real feeling of achievement and success. Plus, your efforts help people in your family and your community to live stronger, healthier lives.

### THE START! SOLUTION

Start! is the American Heart Association's groundbreaking national campaign that calls on all Americans and their employees to create a culture of physical activity and health to live longer, heart healthy lives through walking.

### START! IS:

A call to action that evokes active, year-round participation in walking and reducing the risk of heart disease and stroke by supporting the American Heart Association. It is a long-term commitment to fight the major causes of heart disease and stroke in American adults through walking and nutrition programs.

**Your participation in the Amarillo Start! Heart Walk will help achieve the fundraising goal of \$100,000 and fund the mission of building healthier lives free of cardiovascular disease and stroke.**

**Each runner/walker is encouraged to raise at least \$100.00.**

Just ask your friends, neighbors and family members to support you as you walk or *RUN FOR YOUR LIFE!* It can be as easy as a click of a mouse. Send e-mails to your friends and family and they can donate online to your page.

**Register for the Start! Heart Walk and set up your own personal web page at:**  
[www.heartwalk.kintera.org/amarillotx](http://www.heartwalk.kintera.org/amarillotx)

### PHOTOCOPIES OF THIS FORM ACCEPTED

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Phone(h) \_\_\_\_\_ Phone(w) \_\_\_\_\_

Date of Birth(\_\_\_\_/\_\_\_\_/\_\_\_\_)

Age as of 09/17/2009 \_\_\_\_\_

Gender \_\_\_M\_\_\_F

Shirt Size (please circle one)

Adult: S M L XL 2X

### Make checks payable to:

The American Heart Association

### Mail to Regional Office:

2514 82nd Street, Ste. B, Lubbock, TX 79423

**If you have any questions, contact us at 806-457-0090**

### Start! Heart Walk/5K Race Release

The Heart Walk and 5K Race involve walking and running—an activity which may include risks. I agree to be solely responsible for my own health and safety. I warrant that I am physically fit and able to participate in the events and I agree to stop and request assistance if I experience any symptoms such as, but not limited to, dizziness, excessive fatigue, shortness of breath, pain or any other conditions which would make it difficult or unsafe to continue. I agree, for myself, my heirs, executors and administrators, to not sue or release, indemnify and hold harmless the American Heart Association, Inc., its affiliates, offices, directors, volunteers and employees, and all sponsoring businesses and organizations and their agents and employees, from any and all liability, claims demands, and causes of action whatsoever, arising out of my participation in this event. I have read, and understand and agree to the terms of this agreement.

Signature \_\_\_\_\_

Date \_\_\_\_\_