

Event Options

5k Timed Event — 9:30 am

A competitive event for participants who want an official “gun start to finish line” time to be considered for overall and age group top finisher awards. Results will be made available at www.heartrun.com within 48 hours of the race completion. The Heart Run will again use the ChampionChip timing system; meaning all participants of the timed event wear a timing chip on one shoe. Up and Running Event Management will also provide net race times (mat to mat) for all finishers of the timed event. **The official race results, will continue to be calculated from the gun time.**

5k Non-Timed Event — 10:00 am

A non-competitive event for those who enjoy walking or running. Participants are not timed and will not be considered for awards.

3k Heart Lie Event — 10:00 am

The Heart Lie Event starts with the non-timed 5k participants and is for those interested in a shorter, flatter course. This approximately 3k course follows the traditional course (see map) but instead of heading up the APU hill, you turn left and head back toward the finish. Participants are not timed and will not be considered for awards.

Join a Team

Enter your stellar team in the 2010 Heart Run. Teams must have a minimum of 5 participants, and there's no maximum! Awards are given to recognize the largest teams in the following categories:

OPEN: friends, family, religious and social groups
COMPANY: co-workers, their families & friends
SCHOOL: public or private education groups

All categories will be eligible for the fastest team award based on the five fastest team members in any category. There will also be an award for the team that raises the greatest amount of money for the American Heart Association in any category.

Celebrate Mended Hearts

Participants who have survived heart attacks, surgery, heart disease or stroke are invited to be recognized as Mended Hearts. The Alaska Heart Institute donates red caps for each survivor of heart disease. Please mark your registration form clearly.

Entry Fees and Timing Chips

Early Entry On or Before December 31st, 2010

Adults.....	\$15
Children 18 and Under.....	\$5
Immediate Family*.....	\$35
Mid-Registration January 1 st —Midnight April 23 rd Adults.....	\$20
Children 18 and Under.....	\$5
Immediate Family*.....	\$45
Late Entry (in effect on April 24th, 2011 after 12:01am)	
Adults.....	\$25
Children 18 and Under.....	\$15
Immediate Family*.....	\$65
*Immediate family constitutes five family members—up to 2 parents and up to 3 children 18 and under..	

Timing Chip

Timing Equipment** (per participant) \$5

T-Shirts

T-shirts will be available with online registration, at all walk-up registrations and on day of race. T-shirts may also be purchased at the American Heart Association office located at 3700 Woodland Dr. #700.
 Adult & Children Short Sleeve \$15

Safety Issues

No pets, bicycles, roller blades, roller skis, wagons or skateboards are allowed. Participants pushing strollers and baby joggers must walk in the noncompetitive race only. Please be environmentally responsible.

Registration & Bib Pick-up

Online www.heartrun.com

Save time by registering online at www.heartrun.com. Online registration is available through April 28th; Online registration after April 28th will not be available for bib pick-up).

By Mail

Registrations can be mailed to the American Heart Association (see application for address). Applications must be received by April 21st for Bib Pick-up on April 23rd.

In Person (University Center—3901 Old Seward Hwy.)

Main Registration & Bib Pick-up*
 Saturday, April 23rd 2-5pm
 Wednesday, April 27th & Friday, April 29th 5:30—7:30 pm
 These are the **ONLY University Center Registrations & Pick-ups** for the 2011 Heart Run!

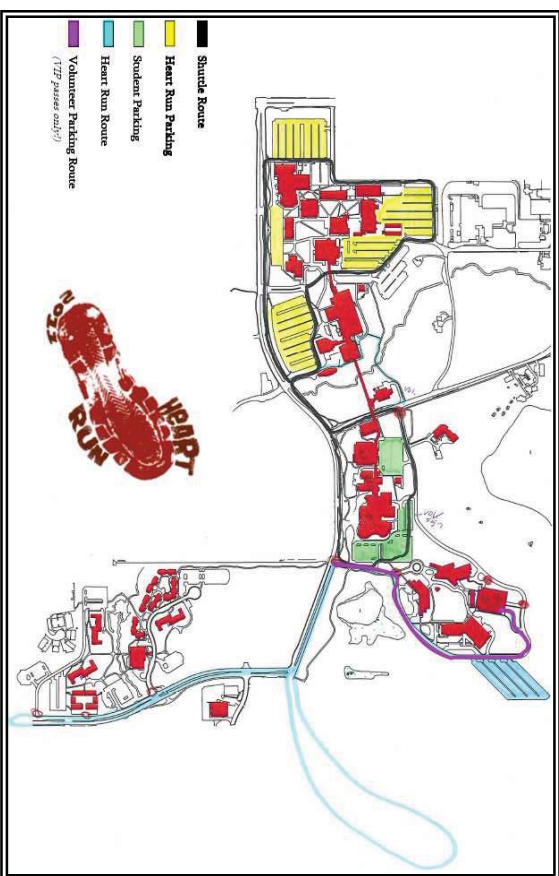
Bib Pick-up

We encourage everyone to pick their bib up PRIOR to race day. If you cannot, we will also have Bib Pick-Up in front of the UAA Arts Building.
 Saturday, April 30th 7:30—8:30 am

Waiver

In signing this form for myself (or if under 18 years of age, by my parent or legal guardian), I understand and I agree to absolve and hold harmless the American Heart Association, University of Alaska Anchorage and all sponsors, be they individuals or organizations, single or collectively, of all blame or any injury, misadventure, harm, loss or inconvenience in any activities associated with the said event. I also fully understand that there will be no refunds granted even if a cancellation of this event occurs. Further, I hereby grant full permission to the American Heart Association and/or its agents to use any photographs, videotapes, motion picture recording or any other record of this event for any legitimate purpose at any time.

I have read this form carefully and I understand it.
(Sign form to the right)



2011 Heart Run Entry Form

First & Last Name	Age on 4/30/2011	Sex	Check the race each person will participate		Bib#
1.		M F	<input type="checkbox"/> *5K Timed 9:30AM	<input type="checkbox"/> 5K/3K non-Timed 10am	
2.		M F	<input type="checkbox"/> *5K Timed 9:30AM	<input type="checkbox"/> 5K/3K non-Timed 10am	
3.		M F	<input type="checkbox"/> *5K Timed 9:30AM	<input type="checkbox"/> 5K/3K non-Timed 10am	
4.		M F	<input type="checkbox"/> *5K Timed 9:30AM	<input type="checkbox"/> 5K/3K non-Timed 10am	
5.		M F	<input type="checkbox"/> *5K Timed 9:30AM	<input type="checkbox"/> 5K/3K non-Timed 10am	
6.		M F	<input type="checkbox"/> *5K Timed 9:30AM	<input type="checkbox"/> 5K/3K non-Timed 10am	

*Please note \$5 surcharge for timing chip usage for each participant

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Mended Heart? Yes No Teams: Check One Open Company School Team Name: _____

I have read and agree to the waiver on the opposite side of this form: (Please Sign)

Signature: _____ Date: _____

Must be received by April 21st or register in person at the American Heart Association. Make Checks payable to the American Heart Association.

Please send this form and your registration fees to: American Heart Association, 3700 Woodland Dr. #700, Anchorage, AK 99517. Your donation is tax deductible. All fees considered a donation. Thank You