

www.northcoastrun.com

# Walkers, Runners, Volunteers, Sponsors!

Every heart deserves to see the finish line!

*Bring your family and friends for a fun filled morning with spirited challenges with lots of activities and prizes!*



*This race is a part of the North Coast Road Racing Grand Prix Schedule.*

## 4th Annual North Coast Run for Hearts

**Geneva-on-the-Lake Recreation Park**  
**September 19th, 2010**  
**10K: 5K: 1Mile Walk/Run**

### Registration & Packet Pick Up

#### Location and Dates:

9/18 & 9/19 2 PM - 8 PM  
Race Day -Recreation Park 8AM- 9:15AM  
Recreation Park Rt. 531  
Geneva-on-the-Lake, Ohio  
Online – www.northcoastrun.com

#### Registration Fees:

Early Registration (prior to 9/5) \$15.00  
All Students \$10.00  
Family Pack (up to 5 relatives) \$45.00  
Registration (after 9/5) \$20.00

#### Race Start Times:

10 K \*5K 9:30 AM 1 mile walk/run 9:35 AM

#### Age Categories: Male & Female

10 & under 11-14 15-19 20-29 30-39 40-49 50-59  
60-69 70+

#### Awards:

10K Overall cash award \$150.00

Top 3 overall M & F in the 5K & 10K

Top 3 age categories M & F in the 5K & 10K

Special Heart Awards

Nominate Schools/Teams to win a defibrillator

**Goblet of Glory** Traveling trophy competition for police departments.

#### Post Race Activities:

Awards, door prizes, face painting, clown, balloons, DJ's Hunter from Fox 107.5 and Jeremy James from Star 97.1

**Race will be held rain or shine!**

*Information submitted is the participants responsibility.  
Missing information may jeopardize race placement.*

#### Return entry forms and make checks payable to:

KEN Heart Foundation P.O. Box 237 Geneva, Ohio 44041

#### Information Required

I am participating in (circle choice) 10K 5K 1 mile walk/run

First name \_\_\_\_\_ Last \_\_\_\_\_

Age \_\_\_\_\_ Sex (circle one) M F

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Email \_\_\_\_\_

T-Shirt size (circle one) YM S M L XL 2XL

Race # appointed \_\_\_\_\_ Fee paid \_\_\_\_\_

#### WAIVER:

I know that I am running or walking a road race that is a potentially hazardous event and I should not enter or run or walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run or walk. 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 weather, including high heat or humidity, traffic and the conditions of the road, 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 KEN Heart Foundation, North Coast Run for Hearts, and all 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 of the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs motion pictures, recordings, or other record of this event for any legitimate purpose. Race will be held regardless of weather conditions. Registration is final, no refunds.

Signature of Entrant (Guardian if under 18)

Sign \_\_\_\_\_

#### Contest Information Optional

Nominate School /Team to WIN \_\_\_\_\_

Represent Police Department to WIN \_\_\_\_\_

Participant with heart condition for Heart Award YES \_\_\_\_\_