



SB Ballard Construction AMERICAN HEART ASSOCIATION 2010 Start! Hampton Roads 5k Fun Run

SUNDAY, SEPTEMBER 12

Mt. Trashmore, Virginia Beach, VA

<p style="text-align: center;"><u>Mt. Trashmore, Virginia Beach, VA</u></p> <p>RACE DAY SCHEDULE:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 60%;">Registration Opens</td> <td style="text-align: right;">7:30 a.m.</td> </tr> <tr> <td>Registration Closes</td> <td style="text-align: right;">8:45 a.m.</td> </tr> <tr> <td>5k Fun Run</td> <td style="text-align: right;">9:00 a.m.</td> </tr> <tr> <td>Festivities</td> <td style="text-align: right;">12:00 p.m.</td> </tr> <tr> <td>3 mile Heart Walk</td> <td style="text-align: right;">1:00 p.m.</td> </tr> </table>	Registration Opens	7:30 a.m.	Registration Closes	8:45 a.m.	5k Fun Run	9:00 a.m.	Festivities	12:00 p.m.	3 mile Heart Walk	1:00 p.m.	<p>REGISTRATION: Participants may pre-register to avoid delays during race day registration. To register online, visit www.starhamptonroadsva.org or make checks payable to AMERICAN HEART ASSOCIATION and mail forms and checks to:</p> <p style="text-align: center;">American Heart Association 500 E. Plume St., Ste. 110 Norfolk, VA 23510 ATTN: Julie Owen</p> <p>Inclement Weather: This event will take place rain or shine. This is a benefit event and there will be no refunds for registration fees.</p>
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5k Fun Run	9:00 a.m.										
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3 mile Heart Walk	1:00 p.m.										
<p>REGISTRATION FEE: \$25 (\$30 if postmarked after 9/4/2010)</p>											
<p>PACKET PICK UP: Participants may pick up race packets at 500 E. Plume St., Ste. 110, Norfolk, VA on Thursday, September 9 from 8:30 a.m. to 6:00 p.m.</p>											
<p>RACE COURSE: The 5k and 3 mile Heart Walk course loops around Lake Trashmore twice, starting at the Mt. Trashmore Park Office parking lot and ending at Shelter 3.</p>											
<p>DIRECTIONS: From 64: Take 264 E towards Virginia Beach. Get off on Exit 17A, Independence Blvd./Princess Anne. Turn left at Edwin Drive. Park will be on right. Follow signs & parking attendants.</p>											



Heart disease is the No. 1 killer of Americans. We can reduce heart disease by promoting a healthy diet and lifestyle, so the American Heart Association (AHA) has a new national goal: *By 2020, to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent.*

Seventy percent of Americans don't get enough exercise, blaming a lack of time and motivation. Start! is the AHA's groundbreaking national campaign to get Americans moving. We're calling on Americans and their employers to create a culture of physical activity and health to live longer, heart-healthy lives through walking. Promoting physical activity through workplace walking programs can help employees reduce their risk for heart disease and stroke and lead longer, stronger, healthier lives.



The proceeds of this event will go to support this and other cause initiatives, in addition to vital, local research aimed at treating and preventing cardiovascular disease.

**SB Ballard Construction AMERICAN HEART ASSOCIATION
2010 Start! Hampton Roads 5k Fun Run**

(No refunds or transfers and incomplete applications may not be processed)

Checks payable to American Heart Association

Register online at: www.starhamptonroadsva.org

Credit card payments may be processed only online or by phone at (757) 628-2610

Mail checks to: American Heart Association, 500 E. Plume St., Ste. 110, Norfolk, VA 23510, ATTN: Julie Owen

PLEASE PRINT:

_____		_____		Gender: M F	
First Name		Last Name			
_____		_____		_____	
Street Address		City	State	Zip Code	
_____		_____		_____	
Phone Number		E-mail		Age on Race Day	
Shirt Size: Adult	S	M	L	XL	XXL

Acknowledgement and Assumption of Risk and Waiver of Liability:

The 5k Fun Run and 3 mile Heart Walk involve running and walking—activities which may include risks such as, but not limited to, falls, interaction with other participants, effects of weather, traffic and conditions of the road. In consideration of being allowed to participate in this event, I hereby expressly assume all risks, including personal injury and death, arising in any way out of my participation in the SB Ballard Construction 5k Fun Run or Start! South Hampton Roads Heart Walk and related activities. It is my responsibility to dress appropriately. Although route maps, rest stops, refreshments and other assistance may be made available during these events, I am solely responsible for my own health and safety. I represent and warrant that I am physically fit and able to participate in these 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 and to 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 and related activities—whether it results from the negligence of any of the above or from any other cause. This release and indemnification agreement shall be as broad and inclusive as permitted by the State or Province in which the event is conducted. If any portion of it is invalid, the balance shall continue in full force and effect. I have read, understand and agree to the terms of this Agreement.

Participant's Signature _____ Printed Name: _____ Date: _____

If the participant is a minor, parent or guardian must sign below: I am the legal guardian of the Participant and I hereby consent to his/her participation. I have read the foregoing release and indemnification agreement, and I hereby agree on behalf of myself and Participant to its terms.

Parent/Guardian Signature _____ Printed Name: _____ Date: _____

APPLICATIONS WITHOUT SIGNED WAIVERS MAY NOT BE PROCESSED