

# Capital Region "Run with Heart" 5k / 10k Run



Hershey, PA – Sunday, April 19, 2020 - 8:00 AM

**Register online at [www.heart.org/capitalregionwalk](http://www.heart.org/capitalregionwalk) > Register > Individual > Select Both (Run 4/19 AND Walk 9/20) OR Select Individual Event**

**Location:** Henry Hershey Field, Milton Hershey School  
635 Brook Drive  
Hershey, PA 17033

**Entry fees:**

Without a shirt **By April 4th, 2020:** \$25  
Without a shirt **After April 4 (including Race Day):** \$30  
**With a Performance T-shirt:** \$35 by April 4 with shirt  
\$40 after that including race day shirts while supplies last

Registration Opens: 6:30 am  
Opening Ceremony: 7:45 am  
**5k & 10k Start** 8:00 am

**Participants are invited to fundraise additional dollars to benefit the American Heart Association.**

**5k/10k Course:**

Scenic, mostly flat course, stroller friendly. Participants are welcome to walk or run 5k portion of the event.

**Race Shirts:**

Register with or without a Performance T-shirt

Extra T-shirts may be available day of race for \$10 while supplies last.

**BONUS:** Can't decide which race? Since the 10k is a second loop of the 5k, set your goal today and you can change your mind during the race!

**Awards (for both 5k and 10k):**

First overall male/female  
Top 3 in male/female age divisions: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59 and 60+

Raise \$100 or more and earn Prize Certificates to be redeemed through the American Heart Association

**Event Questions:**

Contact Ann Shields at 717.730.1766 or [ann.shields@heart.org](mailto:ann.shields@heart.org)

Mail in registrations **MUST** be postmarked by **4/4/20**

**Run With Heart 5k/10k  
4/19/20**

**Send form and payment to:**

American Heart Association  
4250 Crums Mill Road, Suite 100  
Harrisburg, PA 17112

**Make check payable to:**

the American Heart Association

Name		Phone	Email
Address		City/State/Zip	
Emergency Contact Name		Phone	
Event: (Circle One) 5k    10k		Registration fee enclosed ____	
T-shirt size (circle)		\$10 for T-shirt _____	
S / M / L / XL / XXL	Sex	Age as of 4/19/20	\$ Additional Donation

In consideration of the acceptance of my entry, I for myself, my executors, administrators and assignees, do hereby release and discharge the American Heart Association Great Rivers Affiliate, Inc., officials, volunteers and other sponsors from all claims of damage, demands or actions whatsoever in any manner arising or growing out of my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event. I am physically fit and sufficiently trained to participate in this event. By signing below, I hereby give permission without compensation to the American Heart Association to use my likeness in photographs for purposes of promoting the Capital Region "Run with Heart" and American Heart Association. Donations are non-refundable.

Signature \_\_\_\_\_ Date \_\_\_\_\_ Signature of parent or guardian if participant under 18 years of age \_\_\_\_\_ Date \_\_\_\_\_