



# BERKS COUNTY HEART HERO 5K

Run or Walk with us and be a Heart Hero!

**Saturday, October 05, 2019**

Grings Mill Recreation Area, 2083 Tulpehocken Road, Reading PA

Registration: **9a.m.** Run Starts: **10a.m.**

**5k Course:**

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

**Race Shirts:**

All pre-registered 5k participants will receive an event T-shirt. A limited number of shirts may be available on race day. Raise \$100 or more and earn Prize Certificates to be redeemed through the American Heart Association

**Registration Fee:** \$35

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

**Awards:**

1st Overall Male & Female plus top 3 M & F in 14 & Under 15-19, 20-29, 30-39, 40-49, 50-59, 60+

**Event Questions:** Erin Velazquez at 717.813.9290 or [Erin.Velazquez@heart.org](mailto:Erin.Velazquez@heart.org)



American Heart Association.

Heart Walk.

**To Register: [www.heart.org/berkspa5k](http://www.heart.org/berkspa5k)**

**Berks County Heart Hero 5k**  
October 05, 2019

Mail in registrations **MUST** be postmarked by **09/ 20/19**

**Send Form & Payment to:**

American Heart Association  
968 Postal Road Suite 110  
Allentown, PA 18109

**Make Check Payable to:**

American Heart Association

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

T-shirt size (circle)

S / M / L / XL / XXL

Gender

Age as of 10/05/19

\$ Total Enclosed