

# RUN for your heart!

**REGISTER** Online: [www.yucca-valley.org](http://www.yucca-valley.org)  
 By mail: See attached form  
 In person: At the Yucca Valley Community Center or on-site on race day.

*Pre-register and enjoy express check-in at the race and a special giveaway!*

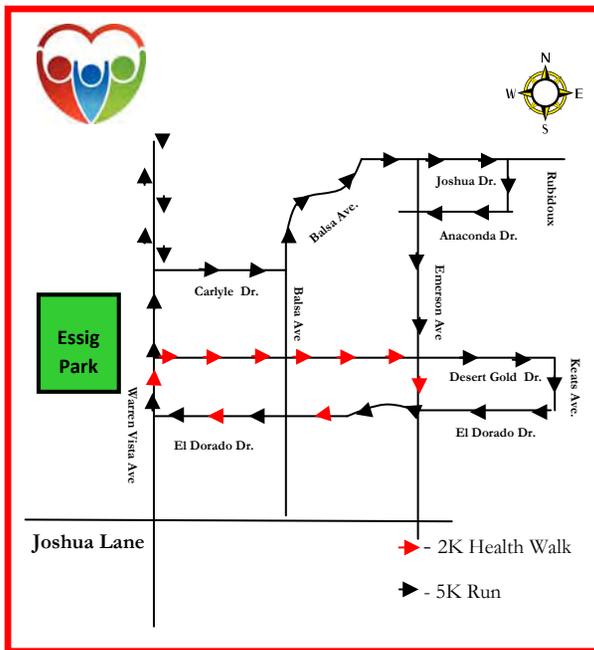
**COST** \$20.00 per person (all ages)  
 Event shirt included  
 (Guaranteed to pre-registered participants only).

**RACE DAY** Saturday, February 25, 2017  
 Registration: 8:00 - 8:45 a.m.  
 Race begins at 9:00 a.m.  
 (Rain or Shine)

**LOCATION** Start and finish at  
 Essig Park  
 8490 Warren Vista Avenue  
 Yucca Valley, CA

**INFO** Town of Yucca Valley  
 Community Services Dept.  
 57090 Twentynine Palms Hwy  
 Yucca Valley, CA  
 (760) 369-7211  
 Monday - Thursday  
 12:00 noon to 5:00 p.m.

**WEBSITE** [www.yucca-valley.org](http://www.yucca-valley.org)



The Town of Yucca Valley invites participants of all ages to its 25th Annual Healthy Hearts 5K Run and 2K Health Walk!

The course is mostly flat and fast on paved roads as it winds through one of Yucca Valley's family friendly neighborhoods, finishing with a picturesque view of the valley and mountains beyond.



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MAKE CHECKS PAYABLE TO: Town of Yucca Valley

MAIL TO: Town of Yucca Valley  
 Community Services Dept.  
 57090 Twentynine Palms Hwy.  
 Yucca Valley, CA 92284

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City, State Zip \_\_\_\_\_

Email Address \_\_\_\_\_

Phone \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age (on race day) \_\_\_\_\_

Gender M \_\_\_\_\_ F \_\_\_\_\_

RACE ENTRY (circle one) 5K Run 2K Walk

AGE GROUP (circle one)

13 & Under 26-35 56-65

14-18 36-45 66-75

19-25 46-55 76 & over

ADULT SHIRT (circle one) S M L XL

YOUTH SHIRT (circle One) S M L XL

(youth sizes available with pre-registration only)

AMOUNT ENCLOSED \$ \_\_\_\_\_

CASH \_\_\_\_\_ CHECK \_\_\_\_\_ Check # \_\_\_\_\_

In consideration of the acceptance of my entry, I, the undersigned, intending to be legally bound for myself, my executors, administrators and assignees, do hereby waive and release the Town of Yucca Valley, all sponsors, officials, and all persons and agencies connected with the "Healthy Hearts Run" from all claims for damages arising from my participation in, and travel to and from this event. I understand that there are certain risks involved in such an event, and verify that I am physically fit and sufficiently trained for this competition and that my physical condition has been certified by a licensed physician. Further, I hereby grant permission to use my likeness for use in promotional materials.

PARTICIPANT'S SIGNATURE (or Parent /Guardian if under 18) \_\_\_\_\_ DATE \_\_\_\_\_

The Healthy Hearts 5K Run and 2K Community Health Walk is held in conjunction with National Heart Month.



Run awards will be presented to the top three male and female overall finishers.

Run awards will also be given to the top three male and female finishers in each age category.

All entries in the non-competitive family Health Walk will receive a participation certificate.

### Distance

5K-3.1 miles

2K-1.2 miles



Media Sponsors

**Hi-Desert Publishing Co.**



**Get ready to run for your heart!**

Town of Yucca Valley  
57090 Twentynine Palms Hwy.  
Yucca Valley, CA 92284

**25th Annual  
Healthy Hearts Run  
5K Run &  
2K Health Walk**



**Saturday  
February 25, 2017  
9:00 a.m.**



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**MORONGO BASIN  
HEALTHCARE DISTRICT**