

# RUN for your heart!



Register today for the 23rd running of the Healthy Hearts 5K Run & 2K Health Walk hosted by the Town of Yucca Valley.

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.

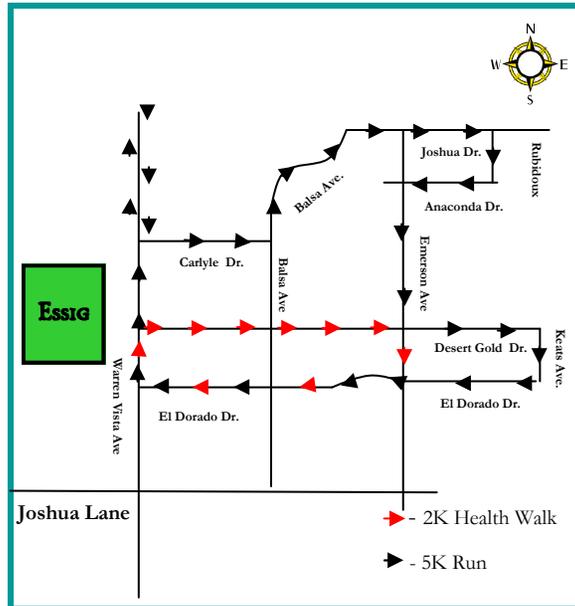
Pre-register and enjoy express check-in at the race!

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

## Distance

5K - 3.1 miles

2K - 1.2 miles



**REGISTRATION** 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.

**RACE DAY** Saturday, February 21, 2015  
 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

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



## 23rd Annual Healthy Hearts Run/Walk

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 \_\_\_\_\_

Daytime Phone \_\_\_\_\_

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

Male \_\_\_\_\_ Female \_\_\_\_\_

AGE GROUP (circle one)

13 & Under      26-35      56-65

14-18      36-45      66-75

19-25      46-55      76 & Over

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

ADULT SHIRTS (circle one)      S      M      L      XL

YOUTH SHIRT (circle one)      S      M      L      XL  
 (Pre-register 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 literature.

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

Although all finishers in the Healthy Hearts 5K Run are considered winners, awards will be presented to the top three male and female overall finishers. Awards will also be presented to the top three male and female finishers in each category.

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

ADULTS	\$20 with a T-shirt \$15 without a T-shirt
CHILDREN (under 12)	\$18 with a T-shirt (pre-registration only) \$13 without a T-shirt
SENIORS (55 yrs. and over)	\$18 with a T-shirt \$13 without a T-shirt

Note: T-shirts guaranteed to pre-registered participants only.



**Hi-Desert Publishing Co.**



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

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

# 23rd Annual Healthy Hearts Run

5K Run & 2K Health Walk



**Saturday  
February 21, 2015**

