

RUN for your heart!

REGISTER Online: www.yucca-valley.org
By mail: See attached form
In person: At the Yucca Valley Community Center or on-site on race day.

COST Early Bird Registration \$20
Shirt & Souvenir guaranteed!
Express check-in at the race!
Early Bird Reg. closes January 30th
Regular Registration \$25
Starts January 31st & on-site.
(Shirt not guaranteed to on-site registration)

RACE DAY Saturday, February 9, 2019
Registration: 8:00 - 8:45 a.m.
Race begins at 9:00 a.m.
(Rain or Shine)

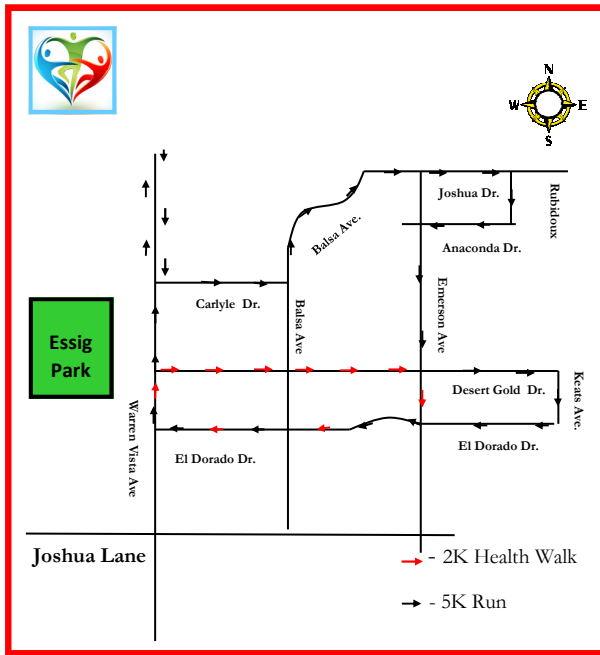
LOCATION Start and finish at
Essig Park
8490 Warren Vista Avenue
Yucca Valley, CA

INFO Town of Yucca Valley
Community Services Dept.
57090 Twentynine Palms Hwy
Yucca Valley, CA 92284
(760) 369-7211
Monday - Thursday
12:00 noon to 5:00 p.m.

WEBSITE www.yucca-valley.org

Sponsored by

MORONGO BASIN
HEALTHCARE DISTRICT



The Town of Yucca Valley invites participants of all ages to its 27th Annual Healthy Hearts 5K Run and 2K Health Walk!

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

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.

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 Health Walk will receive a participation certificate.



Distance
5K-3.1 miles
2K-1.2 miles



TOWN OF YUCCA VALLEY LIABILITY AND MEDICAL RELEASE, NDEMNIFICATION AGREEMENT

In consideration for myself and/or the minor child listed in this form being permitted by the Town of Yucca Valley ("Town") to participate in the Recreation program or activity ("Recreation Program(s)"), I understand and agree that (please read before signing):

I, being the parent and/or legal guardian of a minor, hereby give permission for myself and/or my minor child's participation in the Recreation program or activity, and further, in consideration of myself and/or my minor child being permitted to participate in this program, hereby agree to the following: I understand the nature of the activities in which I and/or my minor child will be participating and believe that I and/or my minor child is qualified, in good health, and in proper physical condition to participate in such activities. I understand that these activities involve risks and danger of bodily injury and that these risks and dangers may be caused by my and/or my minor child's actions or inactions, the actions or inactions of other participants in the activities, the conditions under which the activities take place, or the negligence of others, including the RELEASEES named herein, and that I fully accept and assume all such risks and dangers, and all responsibilities for losses, costs and damages incurred as a result of my and/or my minor child's participation in these activities. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS THE RELEASEES (THE TOWN OF YUCCA VALLEY, ITS EMPLOYEES, AGENTS, VOLUNTEERS, INDEPENDENT CONTRACTORS, OFFICERS, ASSIGNS AND SUCCESSORS) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES OR DAMAGES, SUSTAINED BY ME OR MY CHILD, CAUSED OR ALLEGED TO BE CAUSED, IN WHOLE OR IN PART, BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE CHILD OR ANYONE ON THE CHILD'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEYS' FEES, LOSS, LIABILITY OR DAMAGE, OR ANY OTHER COST THAT MAY OCCUR AS THE RESULT OF SUCH A CLAIM. Finally, I further agree that photographs which depict myself and/or my minor child's participation in the program may be used for program publicity and for other uses consistent with the law without any further written agreement or authorization.

Please sign on reverse side.

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 _____

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

ADULT SHIRTS (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 # _____

I have read and agree to the release on reverse side of this brochure.

Participants Signature (or Parent/Guardian if under 18)

Date



Get ready to run for your heart!

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

27th Annual Healthy Hearts Run 5K Run & 2K Health Walk



**Saturday
February 9, 2019
9:00 a.m.
Essig Park**

Media Sponsors


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2107.7 FM

