



To Benefit **American Heart Association.**

KNOW THE SIGNS

Heart Attack: Most start slowly and people wait too long before getting help. Some signs of a heart attack are:

- Chest discomfort
- Discomfort in other areas of the upper body
- Shortness of breath
- Other signs may include a cold sweat, nausea or lightheadedness.

The most common heart attack symptom is chest pain or discomfort. Women are more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Stroke: Spot a Stroke **F.A.S.T:**

- F= Face Drooping
- A= Arm Weakness
- S= Speech Difficulty
- T=Time to call 911

If someone experiences any one of the above symptoms, even if the symptoms go away, you need to call 911 and get the victim to the hospital, immediately, to be treated. This action can make a remarkable difference in his/her recovery.

5K RUN ENTRY FEE

- ◆ Pre-registration w/shirt: **\$22 (ends 4/18)**
- ◆ Pre-registration w/o shirt: **\$15 (ends 4/22)**

Race Day Registration w/ no shirt: - \$25

Register Race Day from 11:30am – 12:55pm

AWARDS

Top male & female in each age group, Top 3 overall male & female. No duplication of awards.

We look forward to seeing you at the **6th Annual Run For Your Heart 5K on Sunday, April 23rd** at the Vestal Coal House on the Vestal Rail Trail.

Also, please join us at the American Heart Association's **28th Annual Heart Walk on Sunday, April 9th** at **SUNY Broome Community College**.



FOR ADDITIONAL INFORMATION:

Email: vestalcoalhouse@stny.rr.com

Phone: 607-221-3727

Registration Forms Available at:

- TripleCitiesRunnersClub.org
- SouthernTierHeartWalk.org
- Vestal Coal House

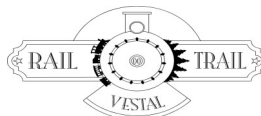
Or Register Online at

RunForYourHeart5K.Eventbrite.com



PARKING

Available on west end of Rail Trail located off of Stage Road in Vestal.



6th Annual



**Run For
Your Heart
Coal House
5K**



Sunday

April 23, 2017

1:00pm

Vestal Rail Trail

Vestal, NY

**Net Proceeds Benefit
The American Heart Association**

Run for Your Heart Coal House 5K Registration Form 2017



First Name _____ Last Name _____
Address _____
City: _____ State: _____ Zip: _____
Email: _____ Phone: _____
Sex: M/F: _____ Date of Birth (mm/dd/yyyy): _____ Age on Race Day: _____

Entry Fees

Pre-Registration with shirt - \$22.00 _____

Pre-Registration without shirt - \$15.00 _____

Shirt size: S ___ M ___ L ___ XL ___ Other _____

Registration deadline with no shirt is 4/22, with a shirt is 4/18

Online Registration is Available at Eventbrite.com until April 22

Race Day Registration 11:30 am – 12:50pm - (\$25 And No Shirts Available)

Athlete's Race Release/Waiver:

I know running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature certify that I am medically able to perform this event, am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation for any reason whatsoever. I assume all risks associated with running this event, including falls, slippery roads, low temperatures, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers/carrriages, roller skates or blades, animals or radio headsets are not allowed in the race and I will abide by this rule. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Town of Vestal, Vestal Coal House, and all other entities, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the sponsoring bodies. This release shall be binding on my heirs, administrators, successors, and assignors and those of the sponsoring organizations. By this release, I fully intend to discharge the said organizations from any and all injuries or losses suffered by me, while participating in and traveling to and from this event.

Participant or Parent/Guardian Signature _____ Date _____
(Parent or guardian must sign if participant is under 18 years of age)

Make Checks Payable To: Vestal Coal House

Net Proceeds Benefit the
American Heart Association

Mail to: Vestal Coal House

P.O. Box 854, Vestal NY 13851

