

Team photos available from 6am-Noon



Donations due by May 1, 2017 to receive incentives, prizes, club benefits, and awards.

All registered runners and walkers will receive a Finisher's Pin and Event Guidebook. The individual participant who turns in the highest total dollar amount by March 4, 2017 will receive a special prize.

- \$150 Heart Run & Walk Heavyweight Long-Sleeve T-Shirts
- \$250 Choice of a \$25 Gift Certificate from Herb Phillipson's, The Sneaker Store, Carmella's Café or a 2nd Heart Run & Walk Long-Sleeve T-Shirt and the \$150 level
- \$500 Heart Run & Walk Hoodie, Membership in the High "5" Club and the \$250 level
- \$1,000 Choice of a \$25 Gift Certificate from Herb Phillipson's, The Sneaker Store or Carmella's Café, Membership in the "Grand" VIP Club and the \$500 level
- \$2,500 Port Authority 100% Polyester Fleece Zip-up Vest and the \$1,000 level
- \$5,000 \$200 Visa Gift Card and the \$2,500 level

### INCENTIVES

### HEART TELETHON

Presenting Sponsor



Broadcast Live by



Friday, March 3, Noon-8pm  
Saturday, March 4, 8am-1pm  
Streaming online at [www.wktv.com](http://www.wktv.com)

### 46th HEART RADIOTHON

Presenting Sponsor



Broadcast Live Over



Friday, March 3, 6am-6pm  
Saturday, March 4, 5am-1pm  
Streaming online at [www.wibx950.com](http://www.wibx950.com)



### Have a Heart Half

HALF MARATHON | 3♥4♥17

Saturday, March 4, 2017  
Race begins at 8:00am  
Bus Leaves Utica College at 6:45am  
Awards: Top Three Overall  
Age Group Awards  
\$65 until December 31/After January 1 \$70  
Day of the event \$75

For Event Information and to Register, Visit:  
[www.uticaheartrunwalk.org](http://www.uticaheartrunwalk.org)  
(315) 580-3964



### RUN/WALK PRE-REGISTRATIONS

Saturday, February 11 – Site A

1 Foxcare Dr., Oneonta, NY

9am-Noon

Saturday, February 25 – Site B

Rome Free Academy

8am-11am

Tuesday, February 28th – Site C

Herkimer College RMCC 282/283, Herkimer

4pm-7pm

Kirkland Art Center, Clinton, 4pm-7pm – Site D

Wednesday, March 1 – Site E

Sangertown Square, New Hartford,

7am-7pm

Thursday, March 2 – Site F

Van's Tavern, Barneveld, 5pm-8pm

Friday, March 3 – Site G

Utica College, Clark Athletic Center, Utica

9am-7pm

Saturday, March 4 – Site H

Utica College, Clark Athletic Center, Utica

6am-9am

### SATELLITE RUN/WALK EVENTS

Once registered, you can participate in any and all events of your choice.

Saturday, February 25

Rome Run/Walk

Rome Free Academy

Van's Tavern, Barneveld

7:30am

13.1-Mile Run

6:45am

General William Floyd Elementary School

8:00am

Utica College - start line Champlin Ave.

9:20am

3-Mile Run

Utica College

10:30am

5-Mile Walk

Utica College

10:30am

3-Mile Walk

Utica College

10:30am

5-Mile Run

Utica College - start line Champlin Ave.

9:20am

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Utica College



Healthy For Good™  
**America's Greatest  
 Heart Run & Walk  
 Expo**

**FRIDAY,  
 MARCH 3, 2017**  
**EXPO 9AM - 7PM**  
**UTICA COLLEGE**  
**CLARK ATHLETIC CENTER**

Sponsored by:



**FREE Park & Ride Services for Expo**  
*Park and let the Birnie shuttles take you to the events:*  
 Ramada – 141 New Hartford St., New Hartford, NY 13413  
 Former MetLife building, 125 Business Park Drive

**HEALTHY FOR GOOD EXPO**

*Live Demonstrations & Prizes*

The new Healthy for Good Expo focuses on promoting the key components for a healthier community, which include physical activity, healthy eating and knowing your health numbers. This year's expo will be comprised of four key zones:

**Fitness – Healthy Eating – Healthy Living – Business**

Over 40 local vendors

**HEALTH & WELLNESS ASSESSMENT**

Sponsored by MVHS

**Screenings Include:**

**Heart Assessment**

- Blood Pressure
- Total Cholesterol
- HDL Cholesterol
- LDL Cholesterol
- Diabetic Risk Score

**Lung Assessment**

- Pulmonary Function Screening
- Blood Oxygen Saturation Testing

**Stroke Risk Assessment**

**KIDS HEART CHALLENGE (AGES 5-12)**



Friday, March 3

Registration at the Expo from 9am-6:30pm  
 Registration at Valley Gymnastics 6:30pm-7pm  
 Event begins at 7pm  
 Parking for the Kids Heart Challenge is at:  
 Valley Gymnastics  
 1307 Champlin Ave., Utica, NY 13502

Sponsored by



**www.uticaheartrunwalk.org**  
**(315) 580-3964**

*A minimum donation amount of \$30 for participants.  
 16 years and older is required.*

For personal tracking only.

PARTICIPANT'S NAME: \_\_\_\_\_

TEAM NAME: \_\_\_\_\_

	Sponsor's Name	Mailing Address	City, State, Zip	Business or Home Phone	Total
1.					
2.					
3.					
4.					

**2017 America's Greatest Heart Run & Walk Registration Form**

*Minimum donation of \$30 for participants 16 years & older is required at registration. Complete all fields or register online at [www.uticaheartrunwalk.org](http://www.uticaheartrunwalk.org)*

I am  under 16  under 21  Yes, I am a survivor of heart disease and/or stroke.

Yes, I am interested in learning more about Planned Giving Options.

Yes, I opt-in to receive Run/Walk updates Text "Utica" to 51555

NAME: \_\_\_\_\_

TEAM NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

TEAM CAPTAIN: \_\_\_\_\_

PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

30K Run  Half Marathon  5-mile Run  3-mile Run  5-mile Walk  3-mile Walk  Kids Challenge

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Run Number

Remember, does your company offer matching funds?

In signing for myself (or the participant named above if he or she is under 18), I understand and agree to absolve the American Heart Association and all sponsors, be they individuals or organizations, singly or collectively, of all blame for injury, misadventure, harm, loss or inconvenience suffered in any of the activities associated with the said event. I grant full permission to the organizers of this event to use and publish my name and image as a participant in photographs, videos, online or via other media recordings.

\_\_\_\_\_  
 PARTICIPANT/GUARDIAN SIGNATURE