

Above the Heart, LLC

Men's Health 5K Run/Walk Initiative 2019 - to raise Prostate Awareness

Saturday, June 8, 2019

9:00 am Start

Location: Kletzsch Park Picnic Shelter Area 8. Registration begins at 7:30am & 5K starts at 9:00am.

Directions: 6560 N. Milwaukee River Parkway, Glendale, WI 53209 (Area 8 with Picnic Shelter)

Course Description: Part of the Oakleaf Trail. Starting near Picnic area 8 and finishing by lapping back around to starting point.

Awards: Top three males will receive a trophy.

Course Records: Fastest time under 15 minutes will get time recognition and will be named as contender with noted time to beat for June 2020.

Proceeds: Benefit the Froedtert Hospital Foundation for Prostate Cancer

Entry Cost information: Cost of pre-registration and cutoff date for discount on or before May 4, 2019: \$20 with T-shirt {15 without}, Cost after May 4, 2019 and the day of the Run/Walk \$20.

Guaranteed T-shirts to all full price paid participants if received by April 5th, 2019. If shirts run out due to payments made after April 5th, you will receive it in the mail.

Make Checks to: Above the Heart, LLC and mail to: 3900 W. Brown Deer Road, Ste A, #240, Brown Deer, WI 53209

Contact: Walter Carter, Sr., or Valecia Carter, 414-587-7056, email-abovetheheart0803@gmail.com

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Men's Health 5K Run/Walk Initiative - 6/8/2019 PLEASE PRINT LEGIBLY

Name _____ Sex _____ Age _____

Address _____

City, State Zip _____

Phone _____ E-mail _____

SHIRT SIZE (Check One)	SM	M	L
	XL	2XL	3XL
	4XL	5XL	NONE

Name of affiliation of Club or Team _____

Waiver (MUST BE SIGNED)

In consideration of your accepting this entry, I, the below signed, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release any and all rights and claims for damages I may have against the run/walk, and sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event as a foot run/walk, that I am physically fit and sufficiently prepared for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including, but not limited to advertising and promotion.

Signature _____ Date _____

Parent or Guardian if under 18 _____

No refunds will be issued for any reason

For more information go to: www.abovetheheart.net