



**REGISTRATION/PACKET PICK-UP: 4:30**

**COSTUME CONTEST: 5:00**

**RACE BEGINS: 5:45**

Race begins at the Chillicothe Fire Station.

Medals are awarded to 1st & 2nd male & female in each age division.

Entry forms can be picked up at the Chillicothe Fire Station, the lobby of Hedrick Medical Center or online at

[active.com](http://active.com)...just search for Grand River Heart Restart!

Entry forms mailed by September 30th - \$20.00    Registration after September 30th - \$25.00

RUN FOR YOUR HEART 5K IS BEING HOSTED BY GRAND RIVER HEART RESTART (GRHR). GRHR IS A LOCAL GROUP OF CONCERNED CITIZENS AND MEDICAL PROFESSIONALS THAT ARE UNITED IN THE MISSION OF ELIMINATING SUDDEN CARDIAC ARREST THROUGH INCREASED AWARENESS, "HANDS ONLY" CPR TRAINING, AND STRATEGIC PLACEMENT OF AUTOMATED EXTERNAL DEFIBRILLATORS (AEDs).

PROCEEDS FROM THE RACE WILL GO TO PURCHASE AN AED TO BE PLACED BACK INTO THE GRAND RIVER COMMUNITY.

# Grand River Heart Restart

presents

## RUN FOR YOUR HEART

**SATURDAY, OCTOBER 27, 2018**

Proceeds from the race will go toward purchasing an AED to be placed back in the Grand River Community!

Register before September 30th for \$20 & a guaranteed t-shirt!

Register after September 30th for \$25, but a t-shirt is not guaranteed!

Mail registration to:

Grand River Heart Restart PO Box 402 Chillicothe, MO 64601

**\*\*NEW\*\*** Chilli Cash will also be accepted as payment for your registration fee this year! **\*\*NEW\*\***

Register and pick up packets on race day starting at 4:30 - Costume contest begins at 5:00 - Race starts at 5:45!

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Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone: \_\_\_\_\_

T-Shirt Size: S M L XL XXL

Age on race day: \_\_\_\_\_ Gender: M F

I, \_\_\_\_\_, do hereby release and hold harmless from liability and injury, the City of Chillicothe and any and all of the organizers and sponsors of this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_