



*Friday, February 17, 2012*

## **Women's Luncheon**

**11:00 a.m. to 1:00 p.m.**

**New Braunfels Civic/Convention Center**

FREE Event

Including lunch, speakers, fitness demonstration, and prizes  
R.S.V.P. by February 10, 2012 to reserve a seat. \$50/table reservations for a table of eight  
Register online at [www.loveyourheart.net](http://www.loveyourheart.net) or call 830.237.5162

*Friday, February 17, 2012*

## **Family Heart Healthy Expo**

**3:00 to 7:00 p.m.**

**New Braunfels Civic/Convention Center**

All ages are invited to enjoy booths, activities, and food  
promoting an active and heart healthy lifestyle

*Saturday, February 18, 2012*

## **Love Your Heart 5K Kid's K Fun Run**

**9:00 to 11:00 a.m.**

**Landa Park Pavilion 4 and 5**

\$20 for 5K and Cholesterol/Glucose panel\* or \$10 for 5K and Kid's K Fun Run (\$15 on Race Day)

Register online at [www.loveyourheart.net](http://www.loveyourheart.net)

\*Cholesterol/Glucose panel will be provided at the packet pick-up/health expo on Friday, February 17

**WWW.LOVEYOURHEART.NET  830.237.5162**



**5K & Kid's K Fun Run**

**February 18  9:00 a.m.**

**Times:** Registration: 8:00 a.m.  
5K Starts: 9:00 a.m. (non chip timed event)  
Kids K Starts: 10:00 a.m.

**Where:** Landa Park, Pavilion #4 & #5 (by dance slab)

**Entry Fees:** **\$20 for 5K and Cholesterol/Glucose Panel\* or \$10 for 5K (\$15 for 5K on Race Day)**

*\*Cholesterol/Glucose panels will be provided at the packet pick-up/health expo on Friday, February 17 from 3:00 to 7:00 p.m. Pre-registration by January 15 guarantees a Love Your Heart t-shirt. After January 15, t-shirts will be given while supplies last. T-shirts can be also be picked up on Friday, February 17 at the packet pick-up/health expo from 3:00 to 7:00 p.m. at the New Braunfels Civic/Convention Center.*

**\$10 for Kid's K (.62 miles) (\$15 on Race Day)**

*All participants must be 12 or younger.*

**Registration:** Register online at [loveyourheart.net](http://loveyourheart.net) or complete the registration section below and return to:  
U-Run – 1528 E. Common Street New Braunfels, TX 78130

**For More Information on Love Your Heart Week Events:**

Visit [loveyourheart.net](http://loveyourheart.net) or call 830.237.5162

To register, please complete this form and mail to U-Run or register online at [loveyourheart.net](http://loveyourheart.net).

Mr.\_\_\_\_ Mrs.\_\_\_\_ First\_\_\_\_\_ Last\_\_\_\_\_

Address\_\_\_\_\_ City\_\_\_\_\_ State\_\_\_\_\_ Zip\_\_\_\_\_

Phone\_\_\_\_\_ Email\_\_\_\_\_ Age on Race Day\_\_\_\_\_

T-Shirt Size (circle one): S M L XL XXL

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\_\_\_\_\_ 5K \$10

\_\_\_\_\_ Kid's K \$10

Make check payable to: Love Your Heart, Inc.

301 Main Plaza, Suite 171, New Braunfels, Texas 78130

*LIABILITY RELEASE: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running/walking in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. 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 the New Braunfels Running Club and its officers and agents, the city of New Braunfels, Texas, and all sponsors, their representatives and successors and including the Road Runners Club of America, its officers, directors, agents and employees, and Love Your Heart, Inc. and its officers and agents 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 persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.*

Signature of Participant (or guardian if under 18 years of age)

Date