

In 1992, recognizing the need to help people who required monitored cardiac rehabilitation care following a heart attack, by-pass surgery, angioplasty or any other cardiac disorder, Have a Heart Foundation was founded.

The Have a Heart Foundation goals are to help with heart illness recovery in both adults and children who live on Staten Island. There is no salaried staff; just a dedicated corps of volunteers who keep operating costs to a minimum. Nearly every dollar raised is given directly to help fellow Staten Islanders with their recovery from heart and heart-related illnesses.

The Have a Heart Foundation, a not-for-profit, 501 C-3 charitable organization:

- ♥ Provides grants to assist struggling families of heart patients;
- ♥ Provides grants to off-set the cost of rehabilitative care;
- ♥ Donates medical and medical-related equipment to volunteer organizations and health care facilities that provide service for cardiac patients;
- ♥ Sends children with heart-related ailments to camp;
- ♥ Continues to raise funds to assist those living with a cardiac condition and their families.



FUN

PRIZES

&

REFRESHMENTS

Sponsorships Available



Have a Heart Foundation
& Have a Heart for Kids
112 Sheraden Avenue
Staten Island, NY 10314



&

*Presents
Our Annual*

**5K
WALK-RUN**

*Sunday
September 13th, 2009*

*Sponsored
by*

SOUTH · FIN · GRILL



IZOD
FRAGRANCE

GEMINI COSMETICS, INC.



THE VANDERBILT
AT SOUTH BEACH

2009 Official Entry Form

Name _____

Address _____

City _____

State/Zip _____

Cell Phone _____

Night Phone _____

Email _____

Male ___ Female ___ Child ___ Age ___

Shirt Size S M L XL XXL

Waiver/Release

Inconsideration of this entry being accepted, I hereby for myself, executors & administrators waive and release any and all claims I may have against the Have a Heart Foundation and Have a Heart for Kids. The officers, event organizers, volunteers, supports and/or representative involved in the Have a Heart Foundation for any and all injuries suffered by me. I certify that I am physically able to compete in the event.

Signature (Parent or Legal Guardian if under 16)

Date _____ Witness _____

Check Amount \$ _____ Ck. No. _____

Credit Card Info:

Name on Card _____

Card Number _____

Expiration Date _____

Security Code _____

Make Checks Payable to:

Have a Heart Foundation

112 Sheraden Avenue

Staten Island, NY 10314

ENTRY FEES

| | Before 9/1 | After 9/1 |
|------|------------|-----------|
| Run | \$20.00 | \$25.00 |
| Walk | \$10.00 | \$15.00 |

SPONSORSHIPS*

- \$5,000 - Race Sponsor
Corporate logo on banner
- \$2,500 - Rental Sponsor
Tables, chairs, etc.
- \$1,500 - Major T-shirt Sponsor
Name prominence on shirts
- \$1,000 - Refreshment Sponsor
Water and food
- \$500 - First Aid Station Sponsor
- \$500 - Start/Finish Line Sponsor
- \$250 - T-Shirt Sponsor
- \$100 - Donation
- \$___ - Other

*All Sponsorships include 1 FREE Race Entry

AWARDS

Top three overall (Male & Female)
Top three in each group (Male & Female & Under 16)
75 & Over in 5 year increments

AMENITIES

Tee Shirts, Giveaways, Prizes, Awards
Continental Breakfast

COURSE

Start at the Gazebo. Down the Boardwalk.
Turn at the Turtles and back to the Gazebo.

DIRECTIONS

From New Jersey:

Outerbridge Crossing:

Take Route 440 North to Route 278 East

Take Lilly Pond Ave. exit.

At light turn right.

Stay on Lilly Pond Ave. until you see Sand Lane. At light turn left towards the Broadwalk.

Goethals Bridge:

Take Route 278 East.

Take Lilly Pond Ave. exit.

At light turn right.

Stay on Lilly Pond Ave. until you see Sand Lane. At light turn left towards the Broadwalk.

Bayonne Bridge:

Take Route 440 South to Route 278 East

Take Lilly Pond Ave. exit.

At light turn right.

Stay on Lilly Pond Ave. until you see Sand Lane. At light turn left towards the Broadwalk.

Verrazano Bridge:

Coiming down to toll plaze stay to your

right. After toll get off the second exit,

Lilly Pond Ave. / Fr. Capodanno Blvd.

Stay on Lilly Pond Ave. until you see Sand Lane. At light turn left towards the Broadwalk.

ABOUT THE EVENT

Where:

The South Beach Boardwalk

Staten Island, New York

When:

Sunday, September 13th, 2009

Time:

Registration:

7:30am

Introduction of Last Years Winners

8:45am

Walk-Run:

9:00am

Visit Our Website:

www.haveaheartfoundation.com

Email: mandrik24@aol.com

FOR MORE INFO CALL:

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