

**REGISTRATION FORM**

*Please consult with your doctor before beginning any exercise program. Must be 18 years or older. Return form to:*

MCVI Foundation  
1015 S. Washington  
Saginaw, MI 48601 OR fax to 989.754.3365

\_\_\_\_\_  
First Name

\_\_\_\_\_  
Last Name

\_\_\_\_\_  
Address

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

\_\_\_\_\_  
E-mail

\_\_\_\_\_  
Home Phone Work/Cell Phone

Male  Female \_\_\_\_\_  
Date of Birth

Shirt Size \_\_\_\_\_  
Age

Small  Medium  Large  XL  2-XL

What is your goal for race day?  Run  Walk  
 Little of both

**METHOD OF PAYMENT**

Amount due: \_\_\_\_\_

- Check Enclosed (payable to MCVI Foundation)
- Visa  American Express
- MasterCard  Discover

\_\_\_\_\_  
Credit Card # Exp. Date

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Promo Code or Name of Referring Coach (if applicable)

*I understand there are risks involved in physical activity & exercise. I agree that the YMCA & MCVI Foundation shall not be responsible for any personal injuries or losses sustained by me while on the premises or as a result of any YMCA & MCVI Foundation event. I agree to indemnify and hold harmless the YMCA & MCVI Foundation, its employees, volunteers, directors or sponsors for damage or injuries occasioned by my participation in any Run for Your Heart activities. I also authorize the MCVI Foundation & YMCA to utilize any photographs, personal narrative, interviews, or audio/video recording of my participation or any and all purposes.*

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

**Brought to you by:**



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Bay City • Mt. Pleasant • Saginaw



College of Health and Human Services  
Department of Kinesiology



**MCVI Foundation**

1015 S. Washington  
Saginaw, MI 48601  
Phone: 989.754.SAVE  
Fax: 989.754.3365  
mcvifoundation.org



**YMCA of Saginaw**

1915 Fordney  
Saginaw, MI 48601  
Phone: 989.753.7721  
Fax: 989.753.9329  
saginawymca.org



**Do you want to...**

- Be more active? Have fun?**
- Complete a 5K run or walk?**
- Be stronger? Meet new people?**

**DO YOU WANT TO GET HEALTHY?**



**Join the  
RUN FOR YOUR HEART  
Fitness & Wellness Program  
and DO IT ALL!**

# RUN FOR YOUR HEART

## fitness & wellness program



### TAKE A STEP TO A HEALTHIER YOU

One of the best weapons we have in the fight against heart disease is exercise. Are you ready to make a change in your life, but need support and guidance?

This fitness program will give you that while preparing you for the MCVI Foundation & YMCA Run for Your Heart 5K Walk or 5K run.

Exercise. Do it for your heart. Do it for you. No matter why you do it...DO IT TODAY!

*"It's not about what you lose. It's about what you gain - confidence, strength and so much more."*



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Blue Cross Blue Shield of Michigan's walking advocate, Jodi Davis, will

kick off our program on Monday, June 27, with her compelling weight-loss story. Davis lost more than 162 pounds by walking and changing her diet...and has kept the weight off for over 8 years. Be inspired!

*"The training was fun! When I felt I couldn't do it, my teammates cheered me on. I learned we all shared the same struggles in starting this program and I was not alone."*

### PROGRAM OVERVIEW

- ◆ Pre- and post-program health assessments
- ◆ Training plan designed by Pace Management to help you complete a 5K run or walk
- ◆ Certified athletic trainer available from Saginaw Valley Bone & Joint Center for injury prevention and assessment
- ◆ Weekly training sessions with a team leader (Mondays at 6 PM)
- ◆ Bi-weekly educational and motivational clinics including:
  - ◆ *Getting Started on the Right Foot: Goal-setting and you!* by Dawn Earnesty, MS, RD, Michigan State University Extension
  - ◆ Back by popular demand! *Injury or Sore: When to keep going and when to stop* by Dr. Kurt Menapace and Toby Blosser, Certified Athletic Trainer and Orthopaedic Technologist, Saginaw Valley Bone & Joint
  - ◆ *Walk this Way* by Andrea Deering, St. Mary's of Michigan-Seton Cove
  - ◆ *Get Fit, Stay Fit!* by Kaly LeBourdais, YMCA of Saginaw
  - ◆ *The Day has Arrived: Race Day 101* by Saginaw Community Runners Club and Saginaw Valley State University-Department of Kinesiology

**REGISTER EARLY AND SAVE!**  
\$75 per person through June 15  
\$85 per person after June 15  
\$90 per person for day of and late registration

*"I've always wanted to run, but didn't know how to start."*

**TWO IS BETTER THAN ONE**  
Register with a friend and save.  
\$160 for two\*  
Submit registration forms together  
(Promo Code: Join2 )  
\*\$170 for day of or late registration

- ◆ Bi-weekly nutritional counseling and guidance provided by registered dietitians
- ◆ Free training t-shirt (moisture wicking), water bottle, training handbook and other goodies
- ◆ Discount on running and walking footwear and apparel at Runners: Performance Footwear and Apparel
- ◆ Free entry into the Run for Your Heart race on September 10 (includes race day t-shirt)
- ◆ Post-race celebration!

### IMPORTANT DATES

- ◆ Program kick-off and orientation featuring Blue Cross Blue Shield of Michigan's walking advocate Jodi Davis - June 27
- ◆ Health assessments - June 28 and June 29
- ◆ First group training run/walk - July 11
- ◆ Race packet pick up - September 9
- ◆ Race day - September 10
- ◆ Post-race celebration and health assessments - September 12

### QUESTIONS?

Call the Michigan CardioVascular Institute Foundation at 989.754.SAVE (7283).