



23rd Annual Love Your Heart Run 5th Annual Crank Your Heart Ride
Sponsored by The Exceptional Outreach Organization

Saturday, February 18, 2012

Location: Chewacla State Park
124 Shell Toomer Parkway, Auburn, AL 36830
Follow Directional Signs for Parking, Shuttle Pickup, and Registration

Shuttle: There is a Shuttle to the Race Start
• Shuttle Begins- 6:00 a.m.
• Last Shuttle Runs- 7:30 a.m.

Features:
• Each mile is marked.
• Each Pre-registered participant is guaranteed a long sleeve T-shirt.

Awards:
Awards will be presented to the Top 3 Males, Top 3 Females overall and Top 3 Finishers in each age group for the 10K. Awards will be presented to the Top 3 Overall Finishers in the 1 Mile. Awards will be presented to the Top 3 overall for the 3.5, 11 and 22 Mile Rides.

All Crank Your Heart Ride Participants will be required to wear a helmet through out the race - No Exceptions

Questions: Contact Alison Hall at 334-501-2940, e-mail Jessie@createtwo.com, or visit www.LoveYourHeartRun.com or www.active.com.

Mail Entry From To: LYHR/CYHR
300 N. Dean Road, Suite 5, #127
Auburn, AL 36830

Official Entry Form

Name: _____
Age: (on day of race/ride) _____
E-Mail: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____

Sex: M F
Shirt Size: Adult S M L XL XXL
Youth S M L

In consideration of acceptance of this entry, I hereby waive and discharge the sponsors, organizers, affiliates, as well as their agents and employees from any and all claims that may accrue as the result of my participation in this race. I further state that I am in proper physical condition to participate in this race. I grant full permission for the use of any photographs or video images of me for publicity purposes.

Participant Signature: _____
Date: _____

If under 18,
Parent's or Guardian's signature: _____
Date: _____



Love Your Heart Run
10K and 1 Mile

Time: Registration begins at 6:15 a.m.
• 10K begins at 7:30a.m.
• 1 Mile begins at 8:00 a.m.

Entry: Participants may run or walk the event!
• \$20.00 Pre-registration (postmarked by Feb 3rd)
• \$25.00 After February 3rd and day of Race registration 10K or 1 Mile.

Make checks payable to EOO.

10K _____ 1 Mile _____



Crank Your Heart Ride
3.5, 11 and 22 Mile Rides

Time: Registration begins at 8:30 a.m.
• 3.5M Ride begins at 9:45 a.m.
• 11M & 22M begins at 9:30 a.m.

Entry: • \$20.00 Pre-registration (postmarked by Feb 3rd)
• \$25.00 After February 3rd and day of Race registration 3.5M, 11M or 22M.

Make checks payable to EOO.

3.5M _____ 11M _____ 22M _____



Love Your Heart Run &
Crank Your Heart Ride

10K or 1 Mile Run / 3.5, 11 and 22 Mile Rides

Time: Registration begins at 6:15 a.m.
• 10K begins at 7:30 a.m.
• 1 Mile begins at 8:00 a.m.
• 3M Ride begins at 9:45 a.m.
• 11M & 22M begins at 9:30 a.m.

Entry: Participants may run or walk the event!
• \$25.00 Pre-registration (postmarked by Feb 3rd)
• \$30.00 After February 3rd and day of Race registration 10K or 1 Mile. 3.5M, 11M or 22M.

Make checks payable to EOO.

10K _____ 1 Mile _____
3.5M _____ 11M _____ 22M _____