



# Hearts For Heritage 6k Run/Walk

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us. – Hebrews 12:1

When: Saturday, September 18<sup>th</sup> at 8am (morning of the Fall Festival)

Where: Rice Lake in Maple Grove (starting at Maple Grove E-Free)

Cost: \$20 per Person (\$60 Max Per Family) – cost includes a T-shirt

Registration: Mail in your application or race day registration from 7:00am – 7:30am.

Age Groups: 14 and under, 15-18, 19-29, 30-39, 40-49, 50-59, 60 and over

Awards: 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in all age classes for each gender

T-shirt sizes are Adult Small, Medium, Large, XL, and Children's Large

Register now.

Runner/Walker #1 \_\_\_\_\_ Age on Sept. 18<sup>th</sup> \_\_\_\_\_ Male/Female \_\_\_\_\_ T Size \_\_\_\_\_

Runner/Walker #2 \_\_\_\_\_ Age on Sept. 18<sup>th</sup> \_\_\_\_\_ Male/Female \_\_\_\_\_ T Size \_\_\_\_\_

Runner/Walker #3 \_\_\_\_\_ Age on Sept. 18<sup>th</sup> \_\_\_\_\_ Male/Female \_\_\_\_\_ T Size \_\_\_\_\_

Runner/Walker #4 \_\_\_\_\_ Age on Sept. 18<sup>th</sup> \_\_\_\_\_ Male/Female \_\_\_\_\_ T Size \_\_\_\_\_

Runner/Walker #5 \_\_\_\_\_ Age on Sept. 18<sup>th</sup> \_\_\_\_\_ Male/Female \_\_\_\_\_ T Size \_\_\_\_\_

Runner/Walker #6 \_\_\_\_\_ Age on Sept. 18<sup>th</sup> \_\_\_\_\_ Male/Female \_\_\_\_\_ T Size \_\_\_\_\_

Your address \_\_\_\_\_  
\_\_\_\_\_

Your phone # (for registration purposes only) \_\_\_\_\_

Make checks payable to HCA Foundation.

Mail registration forms and check to:

Luke Lundquist  
4663 Lansing Avenue NE  
St. Michael, MN 55376