

Who: The Ryan Lopynski Big Heart Foundation (501 C-3) (TAX ID: 80-0697671)

What: Every Heart Counts 5k

When: Sunday, April 22, 2018 Run begins at 9:00 a.m.

Where: Fairfax Corner, Fairfax Virginia

Why: To carry out our mission to prevent Sudden Cardiac Arrest (SCA) in our Youth

Please join us on Sunday, April 22 for the Every Heart Counts 5k run/walk at Fairfax Corner in Fairfax, VA. Race begins at 9:00 am. This event will benefit the Ryan Lopynski Big Heart Foundation, a 501(c)(3) organization established to prevent Sudden Cardiac Arrest (SCA) in young adults. It was established in 2012, and to date they have screened over 3,500 students and detected over 220 abnormalities, a few of which were life threatening.

If you are not a runner or walker, bring a blanket and relax around the fountain listening to music with your favorite refreshments. If you live out of town or can not attend, register for our virtual race by completing the registration. On race day, you can run the race near your home or any location. You will be running for a great cause and we can post your selfies on our web page!!

The race will start and finish near the plaza at Fairfax Corner, just a block away from the Potomac River Running Store in Fairfax. The course is paved and encircles the bustling Fairfax Corner Center and winding neighboring roads.

Our Registration Fees are as follows:

Early Bird Special January - February 28: \$25

March 1 - April 20: \$35 (online registration closes at 8:00 p.m. on 4/20)

April 21 & April 22 during packet pick up and race day: \$40

**Swag:** Participants who registered before April 1 will be guaranteed a commemorative race t-shirt. All others will receive a shirt on first come first serve.

**Awards:** The race will be chip-timed with awards for the top male and female finisher, as well as a top winner in each age group; 19 and under, 20-29, 30-39, 40-49, 50+.

**Packet pickup:** April 21 at the Potomac River Running Store at Fairfax Corner, 11895 Grand Commons Ave, Fairfax, VA 22030 from 12:00-4:00 pm and then again on the plaza the morning of the race starting at 7:30 am.

#### **Heart Level Sponsorship:**

- **One Heart \$250.00:** One raffle ticket, Name on Website/Banner
- **Two Hearts \$500.00:** Two raffle tickets, Name on Website/Banner, Social Post
- **Three Hearts \$750.00:** Three raffle tickets, Name on Website/Banner, Social Posts and Tee Shirts
- **Four Hearts \$1500.00:** Four raffle tickets, Name on Website/Banner, Social Posts and Tee Shirts

- **Five Hearts \$2500.00:** Five raffle tickets, Name on Website/Banner, Social Posts and Tee Shirts
- **Six Hearts \$5,000.00:** Six raffle tickets, Name on Website/Banner, Social Posts, Tee Shirts and Water Stop Publicity
- **LUCKY SEVEN HEARTS SPONSOR \$10,000.00:** 10 raffle tickets, Top name on Website/Banner, Social Posts, Tee Shirts and all EHC Marketing Materials. Name announced at the beginning of the race

**BE A SPONSOR HERE**

- Select Category
- Choose Registrant
- Add Details
- Review Registrant
- Check Out

**Category**

- 5k \$25
- 1k Fun Run/Walk \$15
- Virtual 5k \$25
- I am unable to participate but would like to donate or sponsor the race Free

**Waiver**

I know that running can be a hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running, including, but not limited to, falls, weather conditions including high heat and/or humidity, contact with other participants, the effects of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, I for myself and anyone entitled to act on my behalf, waive and release Potomac River Running, Inc., Potomac River Running Charitable and Educational Events Inc., Commonwealth Race Management, Inc., and all event partners, sponsors and volunteers, their representatives and successors from all claims or liability of any kind arising out of my participation in this race even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, or other record of this event for any legitimate purpose without compensation to me. For safety reasons, I agree not to officiate with any of the following: Wheelchairs, strollers, baby joggers, skates, pets or headsets. I understand that there are no refunds should severe weather cancel the event. I further understand that this event may change date or location if required by local authorities. I agree that my email address will be added to the Potomac River Running and Commonwealth Race Management email list.

I understand that there are no refunds or transfers.

I acknowledge that I am over the age of 18, or the legal guardian of the registrant under the age of 18.

I accept the above waivers and disclaimers.