



**RUN WITH YOUR COMMUNITY,
FOR YOUR COMMUNITY**

SATURDAY, AUG. 17

8 A.M. at FAIRFIELD MEDICAL CENTER

fmchealth.org/foundation

**This race is part of the 2024
RUNColumbus Race Series**

*Send this form with payment to FMC Foundation,
401 N. Ewing St., Lancaster, Ohio 43130*

Registration Form (fill out one form per runner):

Name _____

Division (awards given by gender and age):

Male Female Age _____

Address _____

City _____ State _____ Zip _____

Email & Phone _____

H&L10K - \$35 H&L 5K Run/Walk - \$30

H&L5K Student - \$25

12 & Under - free (no shirt or bib)

I'd like to be recognized as a cardio rehab patient

I am starting team _____
and I will be our team's captain

I would like to join team _____
with captain _____

Please payroll deduct \$_____ badge# _____
(Payroll deduct is for FMC employees only)

Please select from the following:

Adult: S M L XL XXL 3X

Youth: S M L

*Early registration deadline is Aug. 5. Prices raise by \$5 on Aug. 6. Late and same-day registration is available, but there is no guarantee on a race shirt or requested size.

Make checks payable to:

FMC Foundation (memo line: Heart & Lung Run)

I hereby release Fairfield Medical Center and all race sponsors and officials from all claims of damages that may arise from my participation in the Heart & Lung Run. I have full knowledge of all the risks involved and certify that I am physically fit and have trained sufficiently to participate in this race. By signing below, I give my permission to use my name and photograph for release of results and for promotional purposes of the aforementioned event.

Signature of participant:

X _____

(Signature of parent/guardian if under 18)

X _____

Team Registration - Grow Your Give

Starting or joining a Heart & Lung Run Team is a great way to give even more support. As a team, you can choose to raise additional funds (*see fundraising ideas at fmchealth.org/foundation/fundraising-events/heart-and-lung-run/*) and/or invite your friends, family, neighbors and friends of friends to join your team. The team with the most fundraising dollars (*team entry fees + donations*) will get to choose a participant to sound the horn at the start of the race. Teams will also be featured on our FMC Foundation event website and on social media.

Teams are also encouraged to stand out from the other race participants. Start planning now! Remember that you will already be receiving shirts with early sign-ups. Other ideas for team wear include adding: hats, tutus, ribbons, buttons, fun socks, leis, etc. Get creative and have fun! Team pictures will be taken the morning of the race.

How to Start or Join a Team

The person who starts a team will be that team's captain. Captains will be responsible for managing the team's roster, communication regarding team activities (fundraising, dress day of event, etc.), picking up and distributing packets for team members, meeting locations and organizing team signage on the morning of the race. Captains can manager their team roster through their account on Run Signup.

To join a team, you will need the name of your captain and the team you are joining.

BUILDING TEAM SPIRIT:

- Create your own team name that signifies your spirit and unique qualities.
- Organize your team dress code to stand out from the other runners.
- Make posters, banners or flags to carry on race day.
- Take a team photo on race day in the Team Photo Area.
- Plan a post-race party to celebrate your accomplishments!
- Promote friendly competitions between different teams.