



6th Annual Hearts of Iron 5K Walk/Run

Saturday, March 24, 2018 at 10am
Marcus Whitman High School
4100 Baldwin Rd, Rushville NY 14544

Fee: \$20 if registered by March 1st, \$25 after March 1st, **race day \$30**
Students - \$15 by March 1st, \$20 after March 1st, **race day \$25**
Registration fee waived if you raise \$50 or more in pledges

Race Day Schedule:

8:30 am – Packet pick-up & race day registration begins
10:00 am – 5K start time
11:00 am – Awards



Proceeds: The V Foundation for Cancer Research, Roswell Cancer Park & Ronald McDonald House of Rochester

Directions:

From West: Take thruway to exit 44 – Canandaigua, 332 South, left on 5&20 east, right on 247, merge on to 245, right on to Baldwin Rd
From East: Take thruway to exit 42 – Geneva, 14 S, merge on to 96 North, left on to Pre-Emption Rd, right on to 5 & 20 West, left on to 245 South, right on to Baldwin Rd

Make checks payable to: Jim Tuck Memorial

Mail Entry Forms to: Hearts of Iron 5K, Brie Stratton, 5763E Hedge Row, Farmington NY 14425

-----2018 Registration Form-----

Name _____

Phone _____ Email _____

Address _____

City _____ State _____ Zip Code _____

Adult T-Shirt Size (circle one): Small Medium Large X-Large XX-Large

Age on race day _____ Date of Birth _____ Sex: Male Female

Check one: Run _____ Walk _____ USATF Member # _____

Welcome to the 6th Annual Hearts of Iron 5K!

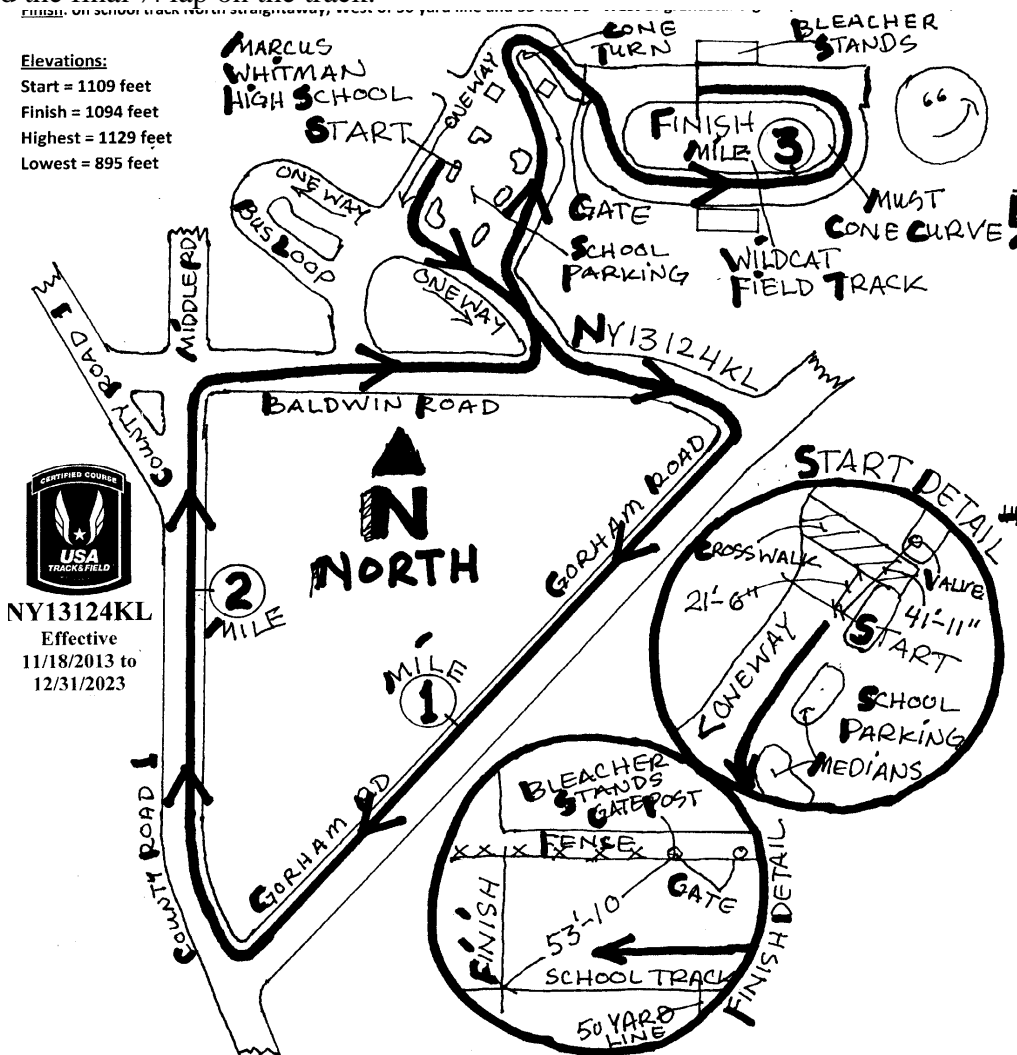
At the 1993 Espy's Jimmy Valvano passionately declared "don't give up....don't ever give up." Jim Tuck was a long-time coach & teacher in the Marcus Whitman community. He never gave up. He had a heart of iron. Challenge yourself on March 24th—don't give up on yourself as you push up the hills, don't give up on the fight against cancer.

Last year, we donated \$1000 to the V foundation, \$1000 to the Roswell Cancer Park, and \$500 to the Ronald McDonald House.

Course:

Our course is Certified to be accurate by USATF #NY13124KL.

Course starts with an easy 1.5 miles downhill through the high school parking lot, on to Baldwin Rd and Route 245. The water station is located before the turn on to County Rd 1, and a steep, lengthy hill. The remainder of the course is flat turning back on to Baldwin Road, into parking lot and the final 3/4 lap on the track.



6th Annual Hearts of Iron 5K Pledge Form

Participants that raise \$50 or more in pledges will have the race entry fee waived. Please collect all money prior to race day. Checks can be made payable to: Jim Tuck Memorial

Sponsor Name	Address, City, State, Zip	Phone Number	Pledge Amount	Collected

All proceeds to benefit: The V Foundation for Cancer Research
Roswell Park Cancer Institute
Ronald McDonald House of Rochester