Women's Heart Foundation



Bonnie Arkus, RN Executive Director and

A woman dies every minute in this country from heart disease. Since 1984, more women than men have died. Nearly 240,000 women die suddenly from heart attack each year. Our mission is to improve women's survival and quality of life, but the rising death rate in women is daunting. Why is a woman's heart attack more likely to be fatal? Why does diabetes confer three times the risk to a woman when compared to a man? Why is it that heart disease presents with milder symptoms in many women and how can we get women and their practitioners to heed the warning? The Women's Heart Foundation

(WHF) is the only heart organization that designs and implements heart disease wellness and prevention programs. We reach thousands of women each year with free risk assessments, screenings, Lunch and Learns and summits and have established a world-acclaimed program called Teen Esteem Health and Fitness as a gym-alternative curriculum for adolescent girls. WHF reached 700 New Jersey women February 4 with a Wear Red Day the Foundation organized at the Trenton War Memorial. We reached thousands more during the past year with programs, such as "Medication Safety-Facts, Fiction and Fundamentals" and "Heart Disease... Gender Matters". We are privileged to have this personal connection with women, and are now pulling together government, civic, business, and hospital organizations to design and implement new community-based Women's Heart Centers that take into account best practice and evidence-based medicine, as part of our Gender Care Initiative™. This is how we can save more women's lives. Your participation in RUN FOR YOUR HEART helps support our effort.

A TRIBUTE TO DOLORES DALY

The Women's Heart Foundation of New Jersey RUN FOR YOUR HEART salutes Dolores Daly for her foresight and generosity. Mr. and Mrs. Daly lost

their eldest daughter, Noreen, to an undiagnosed heart ailment at the age of 47, leaving a husband and two small children. Noreen had prolonged Q-T interval, a rhythm disturbance. Her symptoms were attributed to anxiety. In 2002, Mrs. Daly contributed \$10,000 seed money for the first Gender Care Conference by organizing sponsors for a marathon that her son Tom ran. The following year, Mrs. Daly and Tom raised an additional \$25,000 by expanding to four runners and forming TEAM Noreen Daly Carlson NOREEN. A heartfelt thanks to our first "Platinum Sponsor" and to the woman who brought the Gender Care Initiative™ to New Jersey.



Women's Heart Foundation

RUN FOR YOUR HEART

West Trenton, NJ 08628

P.O.

Your

FOR

ww.womensheart.org

WE GRATEFULLY ACKNOWLEDGE THE MERCER COUNTY PARK COMMISSION FOR THEIR HOSPITALITY. WE THANK THE NJDEP FOR MAKING THEIR FACILITY AVAILABLE FOR THE RACE KICK-OFF PARTY AND THE RACE VOLUNTEERS FOR MAKING THIS EVENT POSSIBLE.

The Women's Heart Foundation is a 501c3 charity incorporated June 11, 1992, dedicated to the prevention of heart disease and to improving women's survival and quality of life.

Non Profit Org U.S. Postage PAID Trenton, NJ Permit No. 771





IN COMMEMORATON OF NATIONAL WOMEN'S HEALTH WEEK

W♥MEN'S HEART FOUNDATION

PRESENTS:

THE THIRD ANNUAL

RUN FOR YOUR HEART

- NEW JERSEY -

1 mi Health Walk, 5k Run/Walk

Children's Fun Runs

AT MERCER COUNTY PARK, HUGHES DRIVE, TRENTON, NJ

SUNDAY May 14, 2006

> MOTHER'S DAY

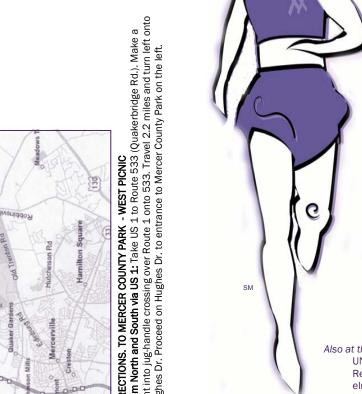
9:00 AM

SAME START TIME FOR ALL **REGISTRATION BEGINS AT 8:00 AM**

To register go to www.womensheart.org

Also at this event...

Reconditioned previously-owned costume jewelry will be sold with 100% of the proceeds to benefit the Women's Heart Foundation, Enjoy the bargains while they last!





Run For Your Heart® INFORMATION

DATE Sunday, May 14, 2006 (Rain or Shine)
LOCATION Mercer County Park—West Picnic Area

Hughes Drive

Trenton, New Jersey

RACE DAY SCHEDULE

8:00 am Registration begins*

8:30 am Aerobic workout. Un-tax Your Heart—jewelry sales begin

(first preference to registered runners)

9:00 am 5k Run and Walk and 1-mile Family Health Walk begin 10:00 am Children's Fun Runs (Ages 2-11). Jewelry Sales continue

10:30 am Awards Ceremony. Presentations. Proclamation

11:00 am Auction—Jewelry Sales

RACE COURSE PARKING

Parking is available at the West Picnic with overflow parking at the Marina and at the Ranger station.

ENTRY FORMS are available at Roma Bank (all 8 branches), Curves® located in Mercer County and www.womensheart.org

5K AWARDS

- The top three finishers in each age category receive medals;
- Every finisher receives a ribbon;
- Grand prize to overall top male and female runner.

PRIZE STRUCTURE/INCENTIVES

- Pre-registered Team with most members will receive a plaque;
 Team Captain: WHF jacket;
- Entrants who raise \$50—\$300 will receive WHF sun visor or baseball cap:
- Entrants who raise \$301 \$600 will receive WHF embroidered long-sleeve t-shirt;
- Entrants who raise \$601-\$1,500 will receive WHF sweatshirt;
- Entrants who raise \$1,5001 will receive a WHF jacket.

TEAM REGISTRATION

Are you participating as a member of a TEAM? Roster Forms are available at www.womensheart.org

Honorary National Chairwoman:

Rosaly Correa-de-Araujo, MD, MSc, PhD, Director

Women's Health & Gender-Based Research Agency for Healthcare Research and Quality

Honorary State Chairwoman: Nina Mitchell Wells, Esquire, Secretary of State

Honorary Co-Chair:

Peri Nearon, Director, NJ Office on Women's Health

Emcee:

Linda Greenstein, Assemblywoman, 14th District

National Sponsors







Local Sponsors









PLEDGE FORM







Renaissance Women's Club of New Jersey

Media Sponsors





Hospital Sponsors*

Capital Health System Fuld . Capital Health System Mercer

Deborah Heart and Lung Center • St. Joseph's Regional Medical Center

St. Joseph's Wayne Hospital
Somerset Medical Center

University Medical Center Princeton • The Women's Heart Center at St. Joseph's

* WOMEN'S HEART FOUNDATION Hospital Sponsors offer free screenings with risk assessment and lifestyle counseling during Women's Heart Week February 1-7 each year and are dedicated to appropriate testing, early diagnosis and timely intervention for women with suspected or diagnosed heart disease. For more information on women's heart disease, visit www.womensheart.org

Run For Your Heart®

NAME: Last First												
SPONSORS NAME							\$	35	\$25	\$10	Other	
							+					
							+					

Pledges' Due Date: May 25, 2006 in order for race participants to be eligible for prizes. Make checks payable to: RUN FOR YOUR HEART/WHF, P.O. Box 7827, West Trenton, N.J. 08628

Please check to see if your company will match these pledges through its corporate matching program. Form may be duplicated.

Run For Your Heart®

ENTRY FORM															
NAME: Last	t														
ADDRESS: Stre	et														
City				Sta	te	Zip									
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Work Phone															
	-				-										
Home Phone															
Email:															
Enter me as a member of TEAM NOREEN															
I am a Corporate team member. Corporation:															
AGE as of 5/14/06: GENDER: F M AGE CATEGORY:															
13& under					14-19 20					-29 30-39					
40-49					50-59 60-69					70+					
Make checks payable to: RUN FOR YOUR HEART/WHF Address: ROMA BANK — WHF Run 79 West Upper Ferry Road West Trenton, NJ 08628															
I am entering the 5K Walk/Run I am entering the 1-mile Health Walk Children's Fun Runs															
Registration before May 1, 2006 Post May 2 5K Run and Walk \$18 \$23 1 mile Family Health Walk \$25 \$30 per family Children's Fun Runs \$5 \$5															
T-shirt: (circle I request I am unal I am parti	a Spe	cial S partic	cipate	or's but	Purpl wish	to su	mber ippor	: t with		_ eck					
WAIVER/RACI I hereby for mys sors, release ar County Parks, L from any claims result of my par event.	self, my nd forev &M Sc s, dema	heirs ver dis oring, ands,	s, exec scharg Balda suits o	ge the asari f or act	run/ Mana ions f	walk o gemer or any	fficial nt, vol injuri	s, WH untee es or	F, Cou rs, and dama	inty of d all p ges I r	f Merc articip nay su	er, Mo ating ustain	ercer spons as a		

COURSE CERTIFICATION: CODE NJ 04013LMB "Mercer Co. Park W. Picnic Area 5k". Timing and scoring by L&M Sports

Date

SIGNATURE: (if under 18, signed by parent or guardian)

^{*} We appreciate your assistance in completing a brief pre and post event survey, as part of The HEART TRUTH to raise awareness about heart disease.