

# Samuel Vlasics



## 2013 Lehigh Valley Heart and Stroke Walk Child Chair

Sam was born with life-threatening heart defects. Thanks to advances in pediatric heart procedures, today Sam is a vibrant, energetic 2½ year old. He will be representing the American Heart Association as the 2013 Lehigh Valley Heart & Stroke Walk Child Chair. One in approximately 100 babies are born with a heart defect, making it the #1 birth defect. Funding is vital to continue research and development of new surgical techniques. Team Sam was created to raise money for the American Heart Association and to promote awareness of Congenital Heart Defects.

All proceeds benefit  
**Team Sam**  
of the Lehigh Valley  
Heart & Stroke Walk

For information please contact:  
Dana Vlasics, Race Director  
12 Forest Dr.  
Nazareth, PA 18064  
610.573.6788

[dvlasics@yahoo.com](mailto:dvlasics@yahoo.com)  
[www.facebook.com/WarmHearts5K](http://www.facebook.com/WarmHearts5K)



## Warm Hearts

5K Run & 1 Mile Walk for

## Heart Defect Awareness

in  
Historic Nazareth Borough

**March 9, 2013\***

Registration opens at 9:30  
Walk at 10:30  
5K starts at 11:00

*\*rescheduled snow date*

# Registration Form

(one entry per person)

## Entry Fee

**\$25**

same fee for run or walk

Children 10 and under are free for  
the *1 mile walk*

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Register online at  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)  
(nominal processing fee) or  
complete the enclosed form

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Dogs & strollers welcome!  
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5K race results will be posted on  
[www.pretzelcitysports.com](http://www.pretzelcitysports.com)

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long-sleeved t-shirts

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Sorry, no refunds.  
Rain or shine event

## Start/Finish

**Holy Family School Gym**

17 N. Convent Ave.

Nazareth, PA 18064

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*1 mile walk and professionally  
timed 5K run through the Historic  
Borough of Nazareth and  
surrounding roads*

**Awards given to the top male  
and female finishers.**

Medals given to the top 3  
males and top 3 females in  
the following categories:

- 18 and under
- 19-29
- 30-39
- 40-49
- 50-59
- 60+

**Last Name:** \_\_\_\_\_

**First Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
\_\_\_\_\_

**City:** \_\_\_\_\_

**State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Phone:** ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_

**DOB:** \_\_\_\_/\_\_\_\_/\_\_\_\_ **Age on Race Day:** \_\_\_\_

**Gender:    Male    Female**

**Category:    5K Run    1 mile Walk**

**Adult T-shirt size:    S    M    L    XL    XXL**

**Checks payable and mail to Race Director  
Dana Vlasics, 12 Forest Dr., Nazareth, PA 18064**

Release - must be signed by all participants and parents of minors

Waiver: In consideration of accepting this entry, I, the under-  
signed, intending to be legally bound hereby, for myself and my  
heirs, executors, and administrators waive and release any and all  
rights and claims for damage I may have against the Borough of  
Nazareth, County of Northampton, Pretzel City Sports, the  
American Heart Association, Holy Family School/Parish, the  
Diocese of Allentown, Dana Vlasics or anyone associated with this  
event, their representatives, successors, and assigns for any and  
all injuries suffered by me in said event. I will additionally permit  
the free use of my name and pictures in all media. I attest and  
verify that I am physically fit and have sufficiently trained for this  
event.

**Signature:** \_\_\_\_\_