



February 19, 2012
8:30am to 5:30pm



CHF Cardio Challenge

LOCATION: Snap Fitness, Branch Plaza, 138-A East Main St., Smithtown, NY 11787

Objective:

Walk/Run to raise funds for the research, treatment & prevention of Congenital Heart Defects
Help us to raise awareness...1 in 100 babies are born with a CHD.

Did you know...
February is HEART Month

Join us!

Feb. 14th is
CHD Awareness Day

The Children's Heart Foundation, NY Chapter, Cardio Challenge Event Information

The event consists of 30 teams of 10 participants each
Each team of 10 divides 3.5 hours on a cardio machine among team members (approx 21 minutes/ea)
15 teams walk/run in the am session (8:30am to 1:00pm) & 15 teams walk/run in the pm session (1:30pm to 5:00pm)

How the Challenge works...

- ♥ **Organize Your Team:** Each team consists of up to 10 team members.
- ♥ **Pick a Captain:** This is the team liaison. Collect team donations & bring to event. (Cash or Check to CHF.)
- ♥ **Name Your Team:** Be creative! We encourage the use of costumes, team colors, etc — have Fun!
- ♥ **Choose a Time Slot:** Morning or Afternoon. **Time Slots are First Come, First Served.**
- ♥ **Register:** Email registration form by **February 11, 2012** to: chfny@childrensheartfoundation.org or Mail to: The CHF-NY Chapter, P.O. Box 55, East Northport, NY 11731. Questions: Call Jackie - 631-410-4144.
- ♥ **Collect Donations:** Bring your Sponsor Donations to the Event. How much you collect is up to you. \$15...\$25...\$50...\$100... The sky's the limit however we ask each member to collect a minimum of \$15 to participate.
- ♥ **Arrive at Event:** Register, Stretch, Hand in Donations. 8:30 for AM Session. 1:00 for PM Session.
- ♥ **Start Walking/Running:** Promptly at 9am for AM Session. 1:30 for PM Session.
- ♥ **Prizes & Raffles:** Amazing Prizes & Awesome Raffles! Who can log the most in miles/donations?
- ♥ **Have Fun:** Light snacks and refreshments will be provided. Music will move you!



For those of you that would like to make a donation without participating in the challenge... please make your check payable to: The Children's Heart Foundation
Visit us at the event or mail to: The CHF-NY Chapter, P.O. Box 55, East Northport, NY 11731

thank you!

How did you hear about The Children's Heart Foundation, New York Chapter? _____