



February 19, 2012
8:30am to 5:00pm

Thank you to...



CHF Cardio Challenge

LOCATION: New York Health and Racquet Club, 39 Whitehall Street, New York, NY

Did you know...
February is Heart Month

Objective:

Did you know...
Feb. 14th is
CHD Awareness Day!

Run a Marathon - Save a life!
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.

Join us!

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

Teams of up to 10 members will have 8 hours to complete 26.2 miles on a treadmill!

donations:

Gather your sponsors! The sky's the limit when it comes to donations, but we suggest a minimum contribution of \$1/mile or \$26 per member to participate.

- ♥ **Organize Your Team:** Each team consists of up to 10 team members.
- ♥ **Pick a Captain:** This person is the team liaison.
- ♥ **Name Your Team:** Be creative! We encourage the use of costumes, team colors, etc — have Fun!
- ♥ **Register:** Register Online at www.childrensheartfoundation.org by **February 14, 2012**
For questions contact Issy at: 917.355.6776
- ♥ **Arrive at Event:** Registration begins at 8:30 am, complimentary stretching will be provided by staff.
- ♥ **Start Crawling/Walking/Running:** Promptly at 9am
- ♥ **Raffles:** Amazing prizes will be given out, so remember to buy your raffles.
- ♥ **Those who can't run can sponsor a team!**
- ♥ **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 and visit us at the event or mail to: 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? _____