

“Takbo para sa Pusong”
Doc Fit Advocacy Program
Philippine Heart Association

1. **DATE**
1 March 2009, Sunday
2. **VENUE**
Start/Finish Area in front of UP Theater along the Academic Oval, UP Diliman
3. **TIME**
Assembly: 5:00 AM
Start of Race: 6:00 AM
4. **ENTRY FEE**
Entry fee for all participants is **PhP 200 and is not refundable**
5. **RULES AND REGULATIONS**
 - a. **Both MD and non-MD category for 5K and 10K** running event are open to all running enthusiast aged 15 years old and above.
 - b. MD age categories for both male and female for the 5 and 10K event are as follows: **<30, 31-40, 41-50, 51-60 and >60 years old.**
 - c. Non-MD age categories for both male and female for the 5 and 10-K event are as follows: **<20, 21-30, 31-40, 41-50, 51-60 and >60 years old.**
 - d. Participants below 18 years old must have their entry form signed by a parent/guardian.
 - e. Race bib numbers must be worn at all times during the race. It should be pinned in front of your running shirt
 - f. All protest related to the results must be made in writing and submitted to the Race Organizer within 30 minutes after the official announcement of winners. **A PROTEST FEE of PhP 2000 will be collected for every written protest made.**
 - g. Singlet/running shirts will be given after the race.
6. **PRIZES**
 - A. **TOP 5 OVERALL FINISHERS** (for both MD and non MD category and for both Men's and Women's division)

5K	10K
1 st prize: P10,000	1 st prize: P12,000
2 nd prize: P7,000	2 nd prize: P8,000
3 rd prize: P4,000	3 rd prize: P 6,000
4 th prize: P2,000	4 th prize: P4,000
5 th prize: P1,500	5 th prize: P3,000

The top overall finisher will receive a trophy and medals plus cash prizes will be awarded to all top age category winners . Other exciting, surprise prizes/awards will be given after the race.

All finishers will receive a certificate of completion and gift pack.

7. **WINNERS' AGE VERIFICATION**
All top finishers in all age group categories must produce a valid identification card (e.g. PRC, driver's license, passport) or a photocopy of birth certificate for age verification at the Technical Secretariat Center.
8. **COLLECTION OF T-shirts & RACE KITS**
Participants may claim their race kits (containing the official race number, safety pins and route map) upon submission of their registration forms and payment of entrance fees. T-shirts will be given after the race.
9. **WATER & FIRST AID STATIONS**
Drinking water will be provided every 2.5 km along the race track and at the finish line. Medical aid will be available at certain strategic points along the race track and at the finish line.
10. **TOILET AREA**
Toilet cubicles will be available at designated areas during the race.
11. **PARKING AREA**
All participants and other spectators are required to park their vehicles at the allocated parking areas. Please refer to the Map provided.
12. **BAGGAGE AREA**
Baggage deposit service is available near the Stage from 5:00 AM to 11:00 AM.

WAIVER OF LIABILITY

By signing the Entry Form and participating in the PHA FUN RUN, I agree to abide by the rules of this event and certify that I am physically fit and adequately trained to finish the race and that I fully accept the following Waiver of Liability:

I understand that participating in this event may involve real risk of serious injury or even death from various causes including but not limited to falls, over exertion, dehydration, contact with other participants, spectators, road users, effect of weather and conditions of the road. I voluntarily assume all risk associated with my participation in the event or any activity associated with it.

I, in consideration of and as a condition of the acceptance of this entry for my self, my executors, administrators, heirs, next of kin hereby waive, release and forever discharge the event organizers, sponsors, promoters, agents or servants from all claims, actions or damages that I may have against them howsoever cause, arising out of or in any way connected with my participation in this event.

I authorize the use of my name, voice and picture and any information provided by my self on this entry form to be used without payment in any broadcast, telecast, promotion or advertising. I also agree that the information that I have provided may be used by the event organizer for the purpose of promoting future and other events for the promotion of face sponsors, products and services.

Signature over printed name

Parent's Signature for Participants below 18 years old

Date

ENTRY FORM

MD

Non-refundable Entry Fee: P200

Non-MD

Bib No _____
Name _____

Address _____

Date of Birth _____

Age _____ verified through submission of the ff:
 PRC (mandatory for Physicians)
 Driver's Birth certificate
 Others, pls. Specify _____

Gender:
 Male Female

School/University/Company

Hospital/Associations/Organizations

Mobile Phone: _____
Landline: _____

Email address

DISTANCE CATEGORY:
(Check one)
 5km Open Category
 10km Open category

AGE CATEGORY (MD)
Check one
 30 and below
 31 to 40
 41 to 50
 51 to 60
 Above 60

AGE CATEGORY (NON-MD)
Check one
 20 and below
 21 to 30
 31 to 40
 41 to 50
 51 to 60
 Above 60

Amount paid: P200
Received by: _____
Date : _____



With the generous support of
our friendly Pharmaceutical
company:



presents:

**"Takbo para sa Puso 2 and
counting..."**

A PHA fun run event

**1 March 2009
Sunday, 5:00 AM
UP Theater,
UP Diliman**

Contact: Philippine Heart Association Secretariat
(632) 929-1161, (632) 929-1166, (632)929-1173
Mobile 09167024338
Fax: (632) 929-1165

Email : phil.heart@yahoo.com

or visit the ff. websites :

www.runrio.com and www.philheart.org

DOC FIT fun run program committee:

Overall Chairman: Dr. Roland de los Reyes

Honorary Chair/Adviser: Dr. Efren Vicaldo

Sponsor Committee Chair: Dr. Liberty Yaneza

Registration Chair: Dr. Eduardo Tin Hay

Advertising Head

**For MM: Dr. Marian Almajar
For provincial: Dr. Nestor Bagsit**

Awards/Prizes Chairman: Dr. Rodney Jimenez

Chair: Dr. Eric Pascual

Official Event Organizer: Mr. Rio de la Cruz