

**FOURTH
ANNUAL**



**BLAKE
HEART
RUN
FOR LIFE**

April 24, 1982

Dear Runner:

Thank you for registering for the 4th Annual Blake Heart Run For Life. The 10K race starts promptly at 8 a.m. on April 24th at West Potomac Park. The 2 mile fun run will begin immediately after the 10K runners clear the start line. The fun runners are asked to stand away from the starting line until all 10K runners clear the area.

Honorary Chairman

Tim Brant

If you are driving, arrive no later than 7:15 a.m. Roads near the race site will be closed off shortly after 7:00 a.m.

Advisory Committee

**Mike Andrews
Jack Beam
Chuck Neageli
Tony Sarmiento**

You are requested to secure sponsors for the number of kilometers you run. The Grand Prizes are based upon most pledge dollars turned in by May 12th. Keep in mind that all your sponsors' contributions are tax-deductible and benefit your 4 Washington Area American Heart Associations. In addition, a free warm-up suit will be awarded to all runners who collect \$200 or more. Bring your sponsor form to the race for verification.

1st, 2nd and 3rd place awards for time will be given for both male and female 10K winners in the following age categories: *19 and under; *20 - 29; *30 - 39; *40 - 49; and *50 and over. The awards ceremony will be held at the race site at approximately 9:30 a.m.

Race times will be announced continuously as you cross the finish line. Race results for all runners will be available by calling any of the Washington Area American Heart Association offices 10 days after the race (May 4).

There is a separate shoot for women runners, to the left of the finish line.

Your race number has a tear-off portion on the bottom. It is very important that this remain attached until you cross the finish line. Further, your race number should be attached to the front of your shirt. Please make sure your name, age, sex and team number are written on the tear-off.

Split times will be positioned at the 1, 3.1 and 5 mile marks. Water will be available on the way up and down Hains Point and after you cross the finish line.

-over-

All Proceeds Benefit the American Heart Associations

Montgomery Chapter
(301) 229-8100

Nation's Capital
(202) 337-6400

Northern Virginia
(703) 941-8500

Southern Maryland
(301) 227-5116

BLAKE HEART RUN FOR LIFE, P.O. BOX 32409, WASHINGTON, D.C., 20007

We would like to thank Blake Construction Co., Inc. for again serving as corporate sponsor for the run. The April 24th Blake Heart Run For Life would not be possible without their sponsorship and continued support.

We thank the following donors for their contributions: Trans World Airlines, Bethesda Travel Center, the American Red Cross, Coca Cola, Washington Racquet and Fitness Club, Audio Technical Services, Yoplait Yogurt, Old Budapest Restaurant, Foot Locker, and the Sportsman. Additionally, we thank the many dedicated American Heart Association volunteers who make this event possible.

Sincerely,

A handwritten signature in black ink that reads "Tim Brant". The signature is written in a cursive style with a long horizontal line extending to the left of the first letter and another extending to the right of the last letter.

Tim Brant
Honorary Chairman